



October Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli
2. Meal 2: Slow Cooker Fiesta Bowls
3. Meal 3: Fiesta Chicken Tacos w/ Sweet Potato Fries
4. Meal 4: Kale & Caramelized Onion Frittata w/ Grapes
5. Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds
6. Breakfast: Banana Walnut Muffins
7. Snack: Pears w/ Peanut Butter
8. Dessert: Chocolate Cashew Milk



Herbs

1 bunch cilantro (2,3)



Fruits

1 bunch grapes (4)
4 pears (7)
2 limes (2,3)
4 bananas (6)
(the more ripe the better)



Dairy (optional)

4T grated parmesan (1)
4-6oz feta cheese
crumbles (4)



Pantry

~16oz salsa (2,3)*
1c white rice (2)
1/2c peanut butter (7)*
1tsp baking soda (6)
1tsp baking powder (6)
1/2c almond butter (6)*
1tsp vanilla extract (6)*
1c almond flour (1)
1/2c coconut flour (6)
1/4c cocoa powder (8)
muffin liners (6)
8 Corn tortillas (3)
(OR sub lettuce)



Veggies

1 bunch kale (4)
1 head broccoli (1)
2 carrots (5)
1 bunch radishes (5)
2 avocados (2,3)
4-6 red potatoes (1)
2 large Japanese sweet
potatoes (3)
2 red onions (4)
1 yellow onion (2,3)
5oz mixed greens (5)



Meats

4 bone-in pork chops,
4-6 oz each (1)
3# boneless, skinless chicken
thighs (2,3)



Nuts & Dried Fruits

1/2c sunflower seeds (5)
1c (~8-10) medjool dates (8)
1c cashews (8)
1/2c chopped walnut pieces (6)



Eggs

18 eggs (1,4,6)



Oils & Vinegars

~3/4c olive oil
1/4c balsamic vinegar (5)
2T coconut oil (6)



Herbs & Spices

1T dried basil (1)
1T dried oregano (1)
2 1/4tsp cinnamon (6,8)
1/2tsp nutmeg, optional (6)

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



October Menu, Week 3: Prep Day

Pre-heat oven to 350 F. (4,6)



Rice: Place 1 $\frac{3}{4}$ c water + 1c white rice in a pan, bring to a boil, turn heat to low, cover w/ lid, cook 16-18 min. Cool. [*] (2)

Cashews: Bring 1c water to a boil and pour over 1c cashews. Add 1tsp salt and set aside to soak for ~1hr. (8)



Frittata (4)

Remove leaves from stems from 1 bunch kale, and finely chop both. Cut 2 red onions into long, thin strips.

Heat 1T oil in a large sauté pan over medium heat, add 2 sliced onions and a pinch of salt. Sauté for 5-10 min.

Add chopped kale leaves & stems, cook for 20-25min, add more oil/ lower heat as needed. Turn off heat and allow to cool. (4)



Banana Walnut Muffins (6)

Place in food processor or blender and pulse until combined and has smooth consistency:

- 4 bananas
- 4 eggs
- $\frac{1}{2}$ c almond butter
- 2T coconut oil, melted
- 1tsp vanilla extract

In a large bowl mix together:

- $\frac{1}{2}$ c coconut flour
- $\frac{1}{2}$ c chopped walnut pieces
- 2tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg, optional
- 1tsp baking powder
- 1tsp baking soda

Add wet ingredients to dry ingredients & mix well. Line a muffin tin with cups. Fill $\sim\frac{2}{3}$ full of batter.

Bake at 350 F or 20-25 minutes, until a toothpick comes out clean. Cool completely. [*] (6)

Frittata (4)

Whisk 12 eggs in a large bowl.

Stir in sautéed onions & kale, feta crumbles and season with $\frac{1}{2}$ tsp fresh ground black pepper.

Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ $\frac{1}{8}$ tsp salt.

Bake at 350 F for 34-38 minutes or until no longer jiggly. Cool. [*] (4)



Potatoes: Chop into bite-sized pieces. Toss with 1T olive oil, 1T oregano, 1T grated parmesan, S&P. [*] (1)

Note: only chop potatoes in advance if eating meal 1 on Prep Day, otherwise chop at meal time to prevent browning.

Sweet Potatoes: Peel & cut 2 lg potatoes into "fries". Toss w/ 2T olive oil + S&P. [*] (3)

Carrot & Radish: Grate (using large grater) or chop into 1/2" cubes, set aside (5).

Yellow Onion: Dice 1 onion. [*] (2,3)

Cilantro: Chop 1 bunch cilantro. [*] (2,3)

Broccoli: Chop into bite-sized pieces. Toss w/ 1T olive oil, 1T parmesan, S&P. [*] (1)



Chocolate Cashew Milk (8)

Blend the following on high until smooth:

- 1c rehydrated cashews (drained, you do not want the soaking water)
- 1c dates, pitted
- 8c water
- 1/4c cocoa powder
- 1/4tsp cinnamon

Note: for extra smooth texture, pass mixture through a sieve to strain out any solids. Refrigerate. [*] (8)



Pork (1)

In 2 shallow bowls or containers, place the following separately:

1: 2 eggs, whisked

2: 1c almond flour + 1T dried basil + 1T dried oregano + 2T grated parmesan (all whisked together)

Dredge each pork chop in the following order:

1: whisked eggs

2: seasoned almond flour

Place in container. Repeat steps until all pork chops are covered and placed in container. [*] (1)

Salad (5)

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c sunflower seeds
- 1/4c shredded carrot & radish

Repeat layers. [*] (5)



Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (5)

KEY

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



October Menu, Week 3: Dish Day

Day 1

Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli (1)

1. Pre-heat oven to 375 F (for all). Bake pork chops for 35-45 minutes or cooked through (145 F).
2. Place chopped potatoes on sheet pan. Roast for 35-40 min or browned/ cooked through. Remove halfway through to toss.
3. Place broccoli on sheet pan. Roast for 30-40 min, removing halfway through to toss.

Day 2

Fiesta Chicken Bowls (2) ****cooks in slow cooker****

1. Place the following in slow cooker: 1 chopped yellow onion + 3# boneless, skinless chicken thighs + ~16oz salsa.
2. Cook on low ~6 hours.
3. Shred chicken and slice 1 avocado. Divide rice into 4 bowls.
4. Serve chicken over rice and top with sliced avocado, chopped cilantro and fresh lime (1/4 lime/ serving).
5. Store remaining chicken for Day 3.

Day 3

Fiesta Chicken Tacos w/ Sweet Potato Fries (3)

1. Preheat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray and roast for 35-40min, tossing halfway through cook time.
3. Reheat chicken thighs on stove or microwave. While chicken reheats, slice 1 avocado.
4. Serve in corn tortillas, topped w/ 1 sliced avocado, chopped cilantro and fresh lime (1/4 lime/ serving).

Day 4

Kale & Caramelized Onion Frittata w/ Grapes (4)

Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ grapes.

Salad

Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds (5)

Allow salad dressing to come to room temp before serving. Shake well and drizzle over salad, ~1-2T/ serving.

Breakfast

Banana Walnut Muffins (6)

Snack

Pears w/ Peanut Butter (7)

Slice pear and eat dipped in 1-2T pb. (I love slicing using my apple slicer!)

Dessert

Chocolate Cashew Milk (8)