



October Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Lemon Garlic Baked Salmon w/ Whole Roasted Carrots & Asparagus
2. Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard
3. Meal 3: Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans
4. Meal 4: Grassfed Beef Chili
5. Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds
6. Breakfast: Pumpkin Pie Smoothie Bowl
7. Snack: Broccoli Dipped in Pesto
8. Dessert: Dark Chocolate Apricots



Herbs, etc.

- 1 bunch basil (3,7)
- 1 head garlic (2,3,4,7)



Fruits

- 4 lemons (1,3,7)
- 2 apples (5)



Dairy (optional)

- 4-6oz cheddar cubes (5)
- 2-4oz parmesan cheese (3,7)
- 4oz shredded jack cheese (4)



Pantry

- 28oz can fire roasted diced tomatoes (4)*
- 16oz brown rice spaghetti (3)*
- 32oz chicken broth (3,4,7)*
- 1/2c grainy mustard (2)*
- 15oz can white beans (3)
- 15oz can black beans (4)
- 15oz can pinto beans (4)
- 1/4c maple syrup (2)
- 1 can pumpkin puree (6)*
- 1c dark chocolate chips or discs (70%+ preferred) (8)



Veggies

- ~1# carrots (1)
- 1 bunch asparagus (1)
- 2 bunches Swiss chard (2,4)
- 1 large head broccoli (3,7)
- 1 avocado (6)
- 1 red bell pepper (4)
- 16oz sliced mushrooms (3)
- 1 yellow onion (4)
- 4 baking potatoes (2)
- 5oz tub mixed greens (5)



Meats

- 1# grass-fed, organic lean ground beef (4)
- 8 boneless, skinless chicken thighs (2)



Nuts & Dried Fruits

- 1c walnuts (3,7)
- 1/4c sliced pecans, optional (6)
- 1/2c sliced almonds (5)
- 1/2c dried cherries (5)*
- 1c dried apricots (8)*
- 4T chia seeds (6)
- 1/2c (~4 lg) medjool dates (6)



Herbs & Spices

- ~1/4tsp garlic powder (1)
- 1tsp cinnamon (6)
- ~2T chili powder (4)*
- 1 dried chipotle pepper (4) (OR ancho/ other dried pepper)



Seafood

- 4 salmon fillets, 4-6oz ea (1)



Oils & Vinegars

- ~1 1/2c olive oil
- 1/4c balsamic vinegar (5)

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



October Menu, Week 4: Prep Day

Pre-heat oven to 350 F. (1,2)



Potatoes: Pierce 4 baking potatoes with a fork. Bake at 350 F for 55-65 mins or until soft & cooked through. Cool. [*] (2)

Carrots: Toss 1# whole carrots (peeling optional) in 1T olive oil + S&P. Bake ~1-1½ hours until roasted & just browned. Cool. [*] (1)



Chipotle: Boil 3c water in a small pan, remove from heat, add 1 dried chipotle pepper and cover w/ lid. Allow to re-hydrate. (4)



Garlic: Finely chop 4-6 cloves garlic, set aside 1T for chili (4), 1tsp for chard (2) & 1 peeled clove for pesto (3,7). (2,3,4,7)

Chili: Dice 1 yellow onion & 1 red bell pepper for chili, set aside. (4)

Chard: Remove leaves from chard stems. Finely chop chard stems and set aside for use in chili (4)

Finely chop chard leaves, place in a container w/ 1tsp chopped garlic. [*] (2)

Asparagus: Remove bottom 2-3" from 1 bunch asparagus. Toss remaining spears w/ 1-2T olive oil + S&P to taste. [*] (1)

Lemons: Thinly slice 2 lemons for salmon. [*] (1)

Broccoli: Cut broccoli into bite-sized pieces. Store half for pasta & half for snacking. [*] (3,7)



Chili (4)

In lg soup pot, sauté 1# ground beef, breaking meat apart. Add diced bell pepper, onion, chard stems & 1T garlic, sauté 10 min.

Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).

Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chili to sautéed veggies.

Drain 1 can pinto & 1 can black beans. Add to veggies w/ 28oz fire roasted diced tomatoes + 2T chili powder + 3c chicken broth.

Bring to a boil, lower to low-med heat, stirring occasionally. Add water/ broth as needed (make sure to reserve ¼c broth for pesto).

Continue to cook for 30 mins - 1 hour. Season to taste w/ chili powder, S&P. Remove from heat & cool before storing. [*] (4)

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.



Apricots (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.

Dip 1c dried apricot halves into chocolate and place onto parchment or foil. Allow to cool. [*] (8)



Pesto (3,7)

Place the following in blender or food processor:

- 1/2c olive oil
- 1/4c chicken broth
- 1c walnuts
- 2oz parmesan (size of 2 dominos)
- 1 peeled garlic clove
- ~1c fresh basil leaves
- ~2-3T lemon juice (~2 lemons, add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. (3,7)



Salad (5)

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c sliced almonds
- 1/4c dried cherries
- 2oz cheddar cubes

Repeat layers. [*] (5)



Balsamic Dressing (5)

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

Maple-Mustard Marinade (2)

Whisk together: 1/2c grainy mustard + 1/4c maple syrup + 1/4c olive oil + 1/2tsp salt. [*] (2)

KEY

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



October Menu, Week 4: Dish Day

Day 1

Lemon-Garlic Salmon w/ Whole Roasted Carrots & Asparagus (1)

1. Preheat oven to 400 F. Place whole roasted carrots in a baking pan and reheat in oven for ~20 minutes.
2. Place 4 salmon fillets on a lined baking sheet. Sprinkle with garlic powder (~1/4 tsp total) + S&P & top with a layer of lemon slices.
3. Place asparagus on same baking sheet as salmon.
4. Roast salmon & asparagus for ~13-15 minutes or salmon is flaky and just cooked through. Toss asparagus halfway through cooking.

Day 2

Mustard-Chicken w/ Baked Potatoes & Swiss Chard (2) **marinate chicken for minimum of 30 mins to 12 hrs**

1. Marinade chicken for 30 mins up to 12 hours.
2. Preheat oven to 375 F. Remove chicken from marinade, place in baking pan and bake for 30-40 minutes or until cooked through.
3. Reheat potatoes in oven until warmed through (option to wrap in foil to prevent drying).
4. Heat 1tsp oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.

Day 3

Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans (3)

1. Cook spaghetti according to package instructions, drain and return pasta to pot, toss w/ 3/4c pesto.
 2. In large sauté pan, heat 1tsp oil on med-high. Add 16oz sliced mushrooms & chopped broccoli, cook ~8-10 minutes or until tender.
 3. Add 1 can drained white beans to veggies and cook until heated through. Toss with spaghetti & pesto.
- Reminder: store remaining pesto (~1/2c) to use as a dip for broccoli for snacking.

Day 4

Grassfed Beef Chili (4)

1. Place in large pot on stove top, re-heat 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. Option to serve topped w/ jack cheese.

Salad

Mixed Greens w/ Apples, Cherries, Cheddar & Almonds (5)

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

Breakfast

Pumpkin Pie Smoothie Bowl (6)

1. In a blender, add 2T chia + 1/2c water + 1/2c ice + 1/4c (~2 large) medjool dates, pitted. Blend until combined.
 2. Then add 1/2 avocado + 1/2 can pumpkin + 1/2tsp cinnamon and blend until smooth, adding additional water, up to 1/2c, as needed.
 3. Pour into bowl and top with 2T sliced pecans, optional, per serving.
- Note: this recipe yields 2 servings. Repeat for additional 2 servings.

Snack

Broccoli Dipped in Pesto (7)

1. Dip broccoli in 1-2T pesto. Reminder: reserve 1c pesto for pasta.

Dessert

Dark Chocolate Apricots (8)