



# September Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Balsamic Salmon Pouch w/ Cherry Tomatoes & Broccoli & Quinoa
2. Meal 2: Lamb Kofta w/ Tahini Sauce & Parsley Quinoa
3. Meal 3: Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts
4. Meal 4: Middle Eastern Veggie Salad
5. Salad: Arugula w/ Blackberries, Pecans & Goat Cheese Crumbles
6. Breakfast: Cherry-Pecan Overnight Oats
7. Snack: Mini Bell Peppers
8. Dessert: Fresh Figs w/ Honey Yogurt



## Herbs

- 1 bunch parsley (2,4)
- 2 cloves garlic (2,4)



## Veggies

- 1 cucumber (4)
- 2 pints cherry tomatoes (1,4)
- 1 bag chopped broccoli (1)
- 5oz chopped romaine (4)
- 5oz tub arugula (5)
- 1 bag mini bell peppers (7)



## Fruit

- 2 lemons (2,4)
- 1 pint blackberries (5)
- 2 pints fresh figs (8)
- (OR sub w/ fruit of choice)



## Meats

- 4 pre-cooked chicken sausages (3)\*
- 1-1.5# ground lamb (2)
- (OR sub ground beef or bison)
- Note: option to add to salad, increase to 2# ground meat



## Fish

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



## Dairy (optional)

- ~8oz goat cheese crumbles (3,5)
- 16oz Greek yogurt (8)
- (organic, full fat preferred)



## Nuts & Seeds

- ~1c chopped pecans (5,6)
- 2T pine nuts (3)



## Oils & Vinegars

- ~1½c olive oil
- ¾c balsamic vinegar (1,5)



## Pantry

- 1 can chickpeas (4)
- ½c tahini (2,4)
- 2c uncooked quinoa (1,2)
- 1 box GF pasta (3)
- ½c kalamata olives (3)
- 14oz can quartered artichoke hearts (3)
- 2T honey, optional (8)
- 3c quick-cooking, GF oats (6)
- 1 can lite coconut milk (6)
- parchment for salmon (1)
- (OR use foil)



## Spices

- 1tsp cumin (2)
- 2tsp coriander (2)

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



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



**Quinoa:** place 2c quinoa & 4c water in a pot, cook over low for ~20 min. Store ½ for salmon [\*] (1); set ½ aside for kofta (2). (1,2)



**Cucumber:** dice 1 cucumber for salad, set aside. (4)

**Parsley:** Finely dice fresh parsley. Set aside ~1T for lamb (2) & 2T for salad (4). Toss ~¼c parsley w/ ½ cooked quinoa [\*] 2. (2,4)

**Pasta:** Cut 4 chicken sausaged in 1" pieces, toss w/ ½c sliced olives + 14oz quartered artichokes, drained + 2T pine nuts. [\*] (3)



### Salmon Pouches (1)

Place each salmon on a piece of parchment (or foil). Evenly divide 1 pint cherry tomatoes & chopped broccoli. Place on top salmon. Drizzle ~1T balsamic vinegar over each pouch. Seal each pouch. Visit [prepdish.com/salmonpouch](http://prepdish.com/salmonpouch) for pictures. [\*] (1)

### Middle Eastern Salad (4)

Toss together the following:

- 5oz chopped romaine
- 1 can chickpeas, drained & rinsed
- 1c chopped cucumber
- 1 pint cherry tomatoes
- 1-2T chopped fresh parsley. [\*] (4)

### Blackberry Salad (5)

Layer the following in a 5oz salad tub:

- ½ of arugula + ½ pint blackberries + 2T chopped pecans + 2oz goat cheese crumbles (reserve ½ of crumbles for pasta, 3)
- Repeat layers. [\*] (5)

**Oats:** Stir together 3c oats + 10oz frozen cherries + 2c water + ½c chopped pecans + 1 can lite coconut milk. [\*] (6)

**Honeyed Yogurt:** Whisk together 16oz Greek yogurt + 2T honey. [\*] (8)

### Tahini Sauce (2,4)

Place the following in a food processor or blender:

- ½c tahini (stirred)
- 3T lemon juice
- 1-2 cloves garlic (smashed, skin removed)
- ½c water
- 1T olive oil
- ¼tsp salt (or to taste)
- Blend on high until smooth together. [\*] (2,4)

**Lamb Kofta:** Mix 1-1.5# lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P; form into 4-8 patties. [\*] (2)

Note: if you want to add to salad, D4, then use 2# ground lamb, 1½tsp cumin, 3tsp coriander & 1½T parsley.

**Balsamic Dressing:** Combine ½ cup olive oil + ¼c balsamic vinegar. [\*] (5)

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



# September Menu, Super Fast: Dish Day

## Day 1

### Balsamic Salmon Pouch w/ Cherry Tomatoes & Broccoli & Quinoa (1)

1. Pre-heat oven to 400 F. Re-heat quinoa, covered, 30-40 minutes OR microwave.
2. Bake salmon pouches for 16-18 minutes.

## Day 2

### Lamb Kofta w/ Tahini Sauce & Parsley Quinoa (2)

1. Re-heat quinoa in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Cook kofta in large sauté pan over med-high heat for 4-5min/ side (or grill). Option to save leftover lamb to serve on salad (4).

## Day 3

### Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts (3)

1. Bring a large pot of water to boil & cook pasta according to package instructions.
2. While pasta cooks, heat sausage, olives, artichokes & nuts in a large sauté pan over med-high heat for 8-10 min.
3. Toss cooked pasta + heated sausage + veggies + 4oz goat cheese crumbles (if using).

## Day 4

### Middle Eastern Veggie Salad (4)

1. Whisk Tahini Sauce and drizzle over salad. Option to toss any leftover quinoa and/or lamb into salad.

## Salad

### Arugula w/ Blackberries, Pecans & Goat Cheese Crumbles (5)

1. Drizzle balsamic vinaigrette over salad.

## Breakfast

### Overnight Oats w/ Cherries (6)

## Snack

### Mini Bell Pepper

## Dessert

### Fresh Figs w/ Honey Yogurt (8)

1. Slice figs and serve with honeyed yogurt.