



# November Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Pesto Sea Bass w/ Roasted Potatoes & Broccoli
2. Meal 2: Moroccan Chicken Salad
3. Meal 3: Pesto Rotini w/ Pinenuts & Tomatoes
4. Meal 4: Slow Cooker Chicken Pozole
5. Salad: Mixed Greens w/ Oranges, Pecans & Feta Cheese
6. Breakfast: Cranberry & Hazelnut Baked Apples
7. Snack: Spice Roasted Chickpeas
8. Dessert: Chocolate Pudding Topped w/ Cacao Nibs



## Herbs

- 1 bunch basil (1,3)
- 1 bulb garlic (1,3,4)



## Fruits

- 4 red apples (6)
- 2 oranges (5)
- 2 lemons (1,2,3)



## Dairy (optional)

- 4oz feta crumbles (5)
- 2oz parmesan cheese (1,3)



## Pantry

- 15oz can chickpeas (2,7)\*
- ½c pitted oil cured olives (2)\*  
(OR sub olives of choice)
- 1 can chipotle in adobo (4)
- 2 cans white hominy (4)
- 8oz gfree rotini pasta (3)\*
- ½c full fat coconut milk (8)  
(OR sub milk of choice)
- ½c cocoa powder (8)
- ~1½T vanilla (6,8)\*
- 1-2tsp honey, optional (5)
- ¼c cacao nibs, optional (8)



## Veggies

- 2 parsnips (2)
- 2 turnips (2)
- 1 bunch celery (4)
- 2-4 carrots (4)
- 1 pint cherry tomatoes (3)
- 1 head broccoli (1)
- 3 soft avocados (8)
- 1 avocado (4)
- 4 red potatoes (1)
- 1 small red onion (4)
- 5oz arugula/ spinach blend (2)
- 5oz tub mixed greens (5)



## Meats

- 2-3 boneless, skinless chicken breasts, ~1½# (2)
- 2 bone-in chicken breasts and 2 bone-in chicken leg quarters (4)



## Nuts & Dried Fruits

- ½c walnuts (1,3)
- ½c pecan pieces (5)
- ½c pine nuts (3)
- ½c hazelnuts (6)
- ¼c dried cranberries (6)\*
- 1¼c medjool dates (~10) (6,8)
- ½c dried apricots (2)\*
- ¼c sliced almonds (2)



## Spices

- 2tsp cumin (2,7)
- ~2T cinnamon (2,6,7)
- ~1T paprika (2,7)
- 2T oregano (1,4)
- 1tsp garlic powder (2,7)
- ¼tsp coriander (2,7)
- ½tsp dried dill (2,7)
- 1tsp turmeric (2,7)
- ¼tsp cayenne, optional (2,7)
- 1T ras el hanout (Moroccan seasoning) (2)
- (OR sub 1T ground coriander)



## Seafood

- 4 sea bass fillets, 4-6oz ea (1)  
(OR sub salmon or tilapia)



## Oils & Vinegars

- ~2c olive oil
- ¼c coconut oil (6)
- ¼c champagne vinegar (5)

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



## November Menu, Week 2: Prep Day

**Preheat oven to 400 F. (2,3,6,7)**

**Note: if “best buy” date on chicken breast and quarter (for pozole) is less than 4 days out, freeze the chicken.**



**Oranges:** Peel & cut 2 oranges into segments, set aside. (5)

**Broccoli & Red Potatoes:** Cut 1 broccoli and 4 potatoes into 1", bite-sized pieces. Toss w/ 3T olive oil, 1T dried oregano, S&P. [\*] (1)

Note: cut red potatoes on dish day if not eating within 24 hours.

**Cherry Tomatoes:** Cut 1 pint tomatoes in half, set aside. (3)

**Apricots:** Chop 1/2c dried apricots. [\*] (2)

**Pozole:** Finely dice 2-4 stalks celery (~1c) + 2-4 carrots (~1c) + 1 small red onion + 3 garlic cloves. [\*] (4)

**Moroccan Salad:** Peel & cut 2 parsnips into small sticks. Peel & cube 2 turnips into ~1" cubes. Quarter 1 lemon.

Toss all w/ 1T ras el hanout + 1T olive oil. Set aside. (2)



**Tomatoes:** Toss 1 pint cherry tomato halves w/ 1-2T olive oil, S&P. Place in single layer on baking sheet. Roast ~20 min. Cool. [\*] (3)

### **Moroccan Salad (2)**

Bake seasoned chopped veggies (2 parsnips & 2 turnips) + quartered lemon in a single layer for ~20-25 mins or tender. Cool.

Juice baked lemon & whisk in 1/4c olive oil & S&P (for dressing). Store veggies separately from dressing. [\*] (2)



### **Baked Apples (6)**

Place in a blender:

1/4c coconut oil + 1/4c pitted medjool dates (~2 large) + 1/4c dried cranberries + 1/2c hazelnuts + 1tsp vanilla.

Blend until roughly chopped.

Cut 4 apples in half and scoop out center seeds. Place 1T (heaping) of filling per apple; sprinkle w/ 1/2tsp cinnamon. Cover w/ foil.

Bake at 400 F for 30-40 minutes or until soft. Remove foil during last 5 minutes of baking. [\*] (6)



### **Spice Roasted Chickpeas (2,7)**

Line a baking sheet with parchment paper or foil and lightly brush with oil. Drain 15oz can chickpeas and pat dry with paper towel.

In a bowl, combine & toss together:

1T olive oil + 1/2tsp paprika + 1tsp cumin + 1/2tsp dried dill + 1tsp garlic powder + 1/4tsp coriander + 1/4tsp cinnamon + 1/4tsp cayenne (optional- for more spice) + 1/2tsp S&P + chickpeas.

Place on baking sheet in a single layer. Bake for 25 minutes or until chickpeas become slightly brown and crispy. Cool.

Store 1/4c for Meal 2 and the rest for snacking. [\*] (2,7)



### Moroccan Chicken (2)

Mix together:

1tsp cumin + 2tsp paprika + 1tsp turmeric + 2tsp olive oil + S&P

Rub spice mix all over chicken breasts and place onto a parchment lined sheet pan.

Bake at 400 F for 15-20 minutes depending on thickness of chicken or until chicken reaches 165 degrees. Cool and store. [\*] (2)



### Chocolate Pudding (8)

In a food processor or high-speed blender add:

- 1/2c full fat coconut milk + 1c pitted medjool dates (~8 large)

Puree until smooth.

Then add:

- 1T vanilla + 3 soft avocados (peeled & pitted) + 1/2c cocoa powder

Puree on low, gradually increasing speed, blending until smooth.

Add more milk if needed for smooth consistency and additional dates, maple syrup or honey as needed for desired taste. [\*] (8)

Note: option to use honey or maple syrup in place of dates, especially if using a low-powered blender.

### Pesto (1,3)

In a blender, add:

- 1/3c olive oil
- 1/4c water (add more if needed for consistency)
- 1T lemon juice (about 1/2 lemon)
- 1 clove garlic
- 1/2c walnuts
- 1/2c fresh basil
- 2oz parmesan cheese, optional

Blend until smooth, season as needed w/ salt and/or lemon juice. Spread 2-3T pesto onto each fish fillet. [\*] (1)



### Salad (5)

In a container layer the following (option to store in the salad tub):

- 1/2 tub of mixed greens
- 1/4c pecan pieces
- segments from 1 orange
- 2oz feta crumbles, optional

Repeat layers. [\*] (5)



### Champagne Vinaigrette (5)

Whisk together:

- 1/2c olive oil
- 1/4c champagne vinegar
- 1-2tsp honey, optional
- S&P [\*] (5)

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



# November Menu, Week 2: Dish Day

## Day 1

### **Pesto Sea Bass with Roasted Potatoes & Broccoli (1)**

1. Preheat oven to 425 F. Place sea bass in baking pan.
2. Place potatoes in single layer on baking sheet. Roast for 10-15 mins, remove from oven, push aside, and add broccoli to pan.
3. Roast veggies for 20-24 mins longer, tossing halfway through cook time.
4. Place sea bass in baking pan and bake for 20-24 minutes or cooked through/ flaky.

## Day 2 **\*\*Remove chicken breasts & quarters from freezer to thaw for day 4\*\***

### **Moroccan Chicken Salad (2)**

1. Toss arugula/ spinach blend w/ lemon dressing. Slice cooked chicken breasts.
2. Option to reheat chicken and veggies if desired.
3. Top greens with: sliced chicken, turnips, parsnips, chopped apricots, pitted olives, sliced almonds, ¼c roasted chickpeas

## Day 3

### **Pesto Rotini with Pine Nuts & Tomatoes (3)**

1. Cook rotini according to package instructions, drain, return pasta to pot. Toss w/ ½c pine nuts, pesto & roasted tomatoes.

## Day 4 **\*\*Requires slow cooker, please start in AM\*\***

### **Slow Cooker Chicken Pozole (4)**

1. In slow cooker add 1c diced carrots & celery + 1 diced red onion + 3 cloves chopped garlic.
2. Top with 2 thawed bone-in chicken breasts and 2 leg quarters, seasoned with S&P.
3. Cover chicken with water + 1T chipotle in adobo (sauce only) + 1T dried oregano. Cook on low for 6-10 hours.
4. After chicken is cooked, remove from bones and chop meat.
5. Add 2 cans white hominy + chopped chicken to slow cooker and heat until warmed.
6. Season w/ salt. Option to add additional chipotle in adobo sauce to taste.
7. Slice 1 avocado to top soup.

## Salad

### **Mixed Greens w/ Oranges, Pecans & Feta Cheese (5)**

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes). Drizzle over salad.

## Breakfast

### **Cranberry & Hazelnut Baked Apples (6)**

1. Reheat each apple in toaster oven (3-5 minutes) or in microwave (30sec-1min).

## Snack

### **Spice Roasted Chickpeas (7)**

## Dessert

### **Chocolate Pudding w/ Cacao Nibs (8)**

1. Sprinkle w/ cacao nibs and serve.