



November Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper
2. Meal 2: Chicken Stir Fry w/ Broccoli & Carrots
3. Meal 3: Pork & Collards Stew
4. Meal 4: Turkey Zucchini Lasagna
5. Salad: Mixed Greens w/ Apple, Walnuts & Goat Cheese
6. Breakfast: Oatmeal w/ Apricots & Pistachios
7. Snack: Carrot Chips
8. Dessert: Dark Chocolate Dipped Orange Slices



Herbs

- 1 bunch basil (4)
- 1 bulb garlic (2,3)
- 4-5" knob ginger (1,2)
- 1 bunch parsley (3)



Fruits

- 4 oranges (8)
- 1 apple (5)



Dairy (optional)

- 32oz organic Greek yogurt (4)
(OR sub w/ 1c raw cashews)
- 1½c shredded parmesan (4)
- 4oz goat cheese, crumbles (5)



Pantry

- 2c gluten-free oats (6)
- ~25oz spaghetti sauce (4)*
- 1 pkg brown rice lasagna noodles (4)
- 3c chicken broth (3)*
- 4T low-sodium tamari (1,2)
- 2c brown rice (1,2)
- 1c dark chocolate chips (8)
(70%+ preferred)
- parchment paper (1,7)



Veggies

- 2# carrots (2,3)
- 1 head broccoli (2)
- 2 red bell peppers (1)
- 1 jalapeno, optional (3)
- 2 zucchini (for ~½#)(4)
- 16oz sliced mushrooms (1,4)
- 1 yellow onion (3,4)
- 1½# sweet potatoes (3)
- 5oz mixed greens (5)
- 5oz baby spinach (1)



Meats

- 1# ground turkey, 85% lean (4)
(OR sub ground beef)
- 1# boneless, skinless chicken breast (2)
- 1½# pork tenderloin (3)



Nuts & Dried Fruits

- ½c pistachios (6)
- ½c walnut pieces (5)
- ½c dried apricots (6)



Spices

- ~1½T ground cumin (3,7)
- ~2tsp paprika (3,7)



Frozen

- 16oz chpd collard greens (3)
- 8oz chpd okra, optional (3)



Seafood

- 4 salmon fillets (1)
(4-6oz/ portion)



Oils & Vinegar

- ~1c olive oil
- 3T toasted sesame oil (1,2)
- 2T coconut oil (7)
- ¼c balsamic vinegar (5)

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



November Menu, Week 3: Prep Day

Preheat oven to 420 F. (4,7)



Apricots: Finely chop ½c dried apricots, set aside. (6)

Zucchini: Thinly slice 2 zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. Place zucchini in oven and roast for 5-10 minutes or until lightly browned (remove halfway and carefully flip). Cool. (4)

Stir Fry: Cut 1 head broccoli into bite-sized pieces & 4 carrots into thin coins. Remaining carrots are sliced below. [*] (2)

Carrots: Thinly slice 5-6 lg carrots into coins (~3c). Toss w/ 2T coconut oil + 2tsp cumin + ½tsp paprika + S&P to taste. Set aside (8)

Basil: Finely chop 1 bunch basil leaves, set aside. (4)

Bell Pepper: Thinly slice 2 red bell peppers, set aside. (1)

Stew: Peel & cut 1½# sweet potatoes into 1" squares. Chop parsley for ~1c. Set aside separately. (3)

Oranges: Peel 4 oranges and pull or cut into segments, set aside. (8)

Ginger: Peel and grate 4T ginger, set aside. (1,2)

Onion: Finely dice 1 yellow onion, set aside half for lasagna (4) & half for stew (3). (3,4)

Garlic: Finely chop 6 garlic cloves. Set aside ⅓ for stir fry and ⅔ for stew. (2,3)

Jalapeno, optional: Slice 1 jalapeno into slices. Option to remove seeds and white ribs if less heat is desired. [*] (3)

Chicken: Slice 1# chicken breasts into thin strips (~2" each), place in container, top w/ ⅓ chopped garlic & 1T ginger. [*] (2)

Pork: Cut 1½# pork tenderloin into 1" cubes. Season w/ 2tsp cumin + 1tsp paprika + S&P. Set aside. (3)



Oatmeal: Bring 4c water to a boil add 2c oats. Reduce to low, 10-20 min, stir occasionally. Add ½c chopped apricots. Cool. [*] (6)

Rice: Place 2c brown rice + 6c water in sm pot, cover & cook on low for 40-50 mins or until done. Option: use a rice cooker. [*] (1,2)

Pork and Collards Stew (3)

Brown pork cubes in a large pot w/ 2T olive oil for ~2 mins per side. Remove pork to a side plate.

Add additional 2T olive oil to pot + cubed sweet potatoes + ⅔ chopped garlic + ½ chopped onion + salt to taste.

Cook for ~2 mins or until onion starts to soften. Add frozen collards and 3c chicken broth.

Cover and bring to a boil, then uncover and reduce heat to medium. Simmer for ~10 mins or until vegetables are tender.

Reduce heat to low. Remove 1c of vegetables with some broth and place in blender w/ 1c parsley. Puree until semi smooth.

Add vegetable puree + pork + 1c okra back to pot. Simmer 5- 10 mins until pork is cooked through and okra is tender. Cool. [*] (3)



Tomato Sauce, Lasagna (4)

In a large sauté pan over med-high heat, cook:

1# ground turkey + chopped ½ onion + 8oz sliced mushrooms for 12 min. Stir in ~25oz spaghetti sauce.

Remove from heat, allowing to cool. (4)



Carrot Chips (7)

Place 3c spiced carrot coins in a single layer on parchment paper lined baking sheet. (May need more than one or make in batches.)

Bake at 420 F for 8-10 minutes until cooked - watch carefully to not burn!

Cool and store in airtight container at room temperature. [*] (7)



Lasagna (4)

Stir together the following for the "white layer":

32oz Greek yogurt + 1/2 chopped basil leaves + 1c shredded parmesan

Note: to make dairy-free "white layer" by soaking 1c cashews in 1c hot water for ~20 mins. Blend cashews + water until smooth.

Assemble lasagna by layering in a 9x13" pan:

- 1/2 turkey-tomato sauce
- a layer of brown rice lasagna noodles
- 3/4 white layer mix
- zucchini "noodles"
- remaining 1/2 tomato sauce

Dot w/ remaining white layer mix & top w/ 1/2c parmesan, optional. Cover w/ foil. [*] (4)



Chocolate Orange Slices (8)

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

Remove chocolate from heat and dip orange slices into dark chocolate. Place on parchment paper or foil and allow to cool. [*] (8)



Balsamic Dressing (5)

Combine:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper, to taste [*] (5)

Asian Sauce (1,2)

Whisk together:

- 4T low-sodium tamari
- 3T toasted sesame oil
- 2T fresh grated ginger [*] (1,2)



Salad (5)

Layer in container as follows:

- 1/2 of mixed greens
- 1/4c walnut pieces
- 2oz goat cheese crumbles

Repeat layers. [*] (5)

Salmon Pouches (1)

Place 4 salmon fillets on 4 large squares of parchment. Top w/ remaining 1T grated ginger (~3/4tsp per fillet).

Evenly distribute 8oz sliced mushrooms, sliced red bell pepper & baby spinach onto the 4 parchment pieces, next to the salmon.

Drizzle ~1/2 of the Asian sauce over the 4 pouches. (if not eating within 12 hours add sauce on Prep Day).

Seal pouch (refer to PrepDish.com/salmonpouch for instructions). [*] (1)

Reserve the remaining half of the Asian sauce for the stir fry. [*] (2)

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



November Menu, Week 3: Dish Day

Day 1

Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper (1)

1. Preheat oven to 400 F.
2. Reheat rice, covered, in oven for ~30 minutes. Or option to microwave.
3. Bake salmon & veggie pouches 16-20 minutes.

Day 2

Chicken Stir Fry w/ Broccoli & Carrots (2)

1. Reheat rice in 375 F oven for ~40 minutes or option to microwave.
2. Add 1tsp oil to lg sauté pan over high heat, add ginger, garlic & chicken, cook 1 minute. Add carrots & broccoli, continuing to stir.
3. Cook chicken & veg ~8-10 min. Add Asian sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.

Day 3

Pork & Collards Stew (3)

1. Reheat stew on stove top over med heat until heated thorough. Stirring occasionally.
2. Option to top with sliced jalapeño for some spice and a drizzle of good olive oil.

Day 4

Turkey Zucchini Lasagna (4)

1. Preheat oven to 400 F.
2. Bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Allow to cool ~10min.

Salad

Mixed Greens w/ Apple, Walnuts & Goat Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Chop 1 apple and add to salad. Top salad with dressing, shaking well before use.

Breakfast

Oatmeal w/ Apricots & Pistachios (6)

1. Heat 1-2c cooked oatmeal (per serving) in microwave for 2-3min. Stir in 2-3T pistachios per serving (option to chop pistachios)

Snack

Carrot Chips (7)

Dessert

Dark Chocolate Orange Slices (8)