



November Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Quinoa
2. Meal 2: Balsamic Chicken w/ Italian Quinoa Pilaf
3. Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce
4. Meal 4: Grassfed Beef & Vegetable Stew
5. Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese
6. Breakfast: Cabbage & Apples w/ Sausage
7. Snack: Carrots & Celery w/ Almond Butter
8. Dessert: Honey Broiled Grapefruit



Herbs

1 bunch parsley (2,5)
2 bulbs garlic (1,2,3,4,5)
2" knob ginger (1)



Fruits

2 lemons (2,5)
2 limes (1)
3 granny smith apples (6)
4 grapefruit (8)



Dairy (optional)

4-6oz goat cheese, crumbled (5)
1c shredded cheddar (3)



Pantry

2c uncooked quinoa (1,2)
3c beef broth (4)*
3c strained tomatoes/
tomato sauce (3,4)*
15oz can pinto beans (3)
1 can full fat coconut milk (1)
½tsp fish sauce, optional (1)
2T red curry paste (1)*
½c almond butter (7)*
4T honey (8)



Veggies

1 fennel bulb (5)
1# carrots (4,7)
1 bunch celery (4,7)
1 pint cherry tomatoes (2)
1 small cucumber (2)
2c snow peas (1)
1 large eggplant (1)
3 red & 3 yellow bell peppers (3)
8oz sliced mushrooms (3)
1 yellow onion (3,4)
2 lg red potatoes (4)
1 head purple cabbage (6)
5oz tub mixed greens (5)



Meats

1# grassfed beef stew meat (4)
4 boneless, skinless chicken breasts, 4-6 oz each (2)
4 breakfast sausage links (6)*



Nuts & Dry Fruit

½c sliced almonds (5)
½c dried cherries (5)*



Seafood

1# shrimp, peeled, deveined, tails removed (1)



Oils & Vinegars

~1¼c olive oil
¼c balsamic vinegar (2)
1tsp apple cider vinegar, optional (6)



Spices

1T chili powder (3)*
1T cumin (3)
2T Italian seasoning (2)
1T dried basil (4)
2T dried oregano (3,4)

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



November Menu, Week 4: Prep Day



Onion: Finely chop 1 yellow onion. Set aside $\frac{1}{2}$ for beef stew (4) & $\frac{1}{2}$ for stuffed bell peppers (3). (3,4)

Garlic: Finely chop 10 cloves garlic. Set aside $\frac{1}{3}$ for beef stew (4) & $\frac{1}{3}$ for zucchini (3) & $\frac{1}{3}$ for curry (1). (1,3,4)

Bell Peppers: Finely dice 2 bell peppers (1 ea color). Cut remaining 4 in half, horizontally, gently scooping out seeds. Set aside. (3)

Stew: Cut 2 carrots, 2 red potatoes & 2 stalks celery into small, bite-sized pieces, set aside. (4)

Snack: Cut remaining carrots & remainder of celery into 2-3" sticks. [*] (7)

Apples & Cabbage: Roughly chop 3 apples & finely chop 1 head of cabbage. These both chop well in a food processor. (6)



Stew (4)

Heat 1T olive oil in large soup pot over med-high heat & add:

$\frac{1}{2}$ chopped yellow onion + $\frac{1}{3}$ of chopped garlic ($\sim\frac{1}{2}$ T) + chopped veg (2 celery stalks, 2 carrots & 2 potatoes). Sauté for 3-4 mins.

Meanwhile, rub 1T dried basil + 1T oregano + 1tsp salt + ground pepper into 1# beef stew meat. Add to pot and sauté 6-8 min.

Add 3c beef broth + 2c strained tomatoes (reserve 1c for stuffed peppers) + 3c water to pot, bring to a boil.

Turn heat to low, cover and cook for 3-5 hours. Add water/ stock if needed. Season w/ S&P. Cool. [*] (4)

Note: this can also be cooked in a slow cooker for 8-10 hours on low or 4-6 on high.

Quinoa: Place 2c quinoa + 4c water in a medium pot, bring water to a boil, lower to medium, cook for 18 min. Set aside. (1,2)



Stuffed Peppers (3)

In a lg sauté pan heat 1tsp oil over med-high heat, add:

Diced $\frac{1}{2}$ yellow onion + $\frac{1}{3}$ garlic ($\sim\frac{1}{2}$ T) + 2 diced bell peppers + 8oz sliced mushrooms

Stir then add:

1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes. Add remaining 1c tomatoes. Cook 5 minutes.

Add 1 can drained pinto beans. Stir and season to taste w/ S&P. Allow to cool. (3)

Sautéed Cabbage & Apples (6)

Heat 1tsp olive oil (or butter) over med heat & place 3 chopped apples and 1 chopped cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (\sim 1tsp) or more to taste.

Cover and cook over medium heat for \sim 30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. Cool. [*] (6)



Lemon-Parsley Dressing (2,5)

Blend the following on high:

1tsp lemon zest + 3T lemon juice + $\frac{1}{2}$ c olive oil + 2-3 large handfuls of parsley leaves + 1 small clove garlic.

Set aside $\frac{1}{4}$ c for quinoa pilaf (2). Store the remaining for salad dressing (5). [*] (2,5)



Curry: Cut 1 eggplant into bite-sized pieces (~1/2"). Grate ginger for 1T. Store together w/ remaining garlic (~ 1/2T). [*] (1)
Cut 2c snow peas into 1" pieces, store separately from eggplant. [*] (1)
Cut 2 limes into wedges. Store separately. [*] (1)
Pilaf: Cut 1 pint cherry tomatoes in halves (or quarter if larger); cut 1 cucumber into small, bite-sized pieces. (2)
Fennel: Remove upper green fronds from fennel bulb & discard; thinly slice the bottom fennel bulb, set aside. (5)
Grapefruit: Cut in half, horizontally, and loosen segments with a knife. Top each w/ 1-2tsp honey, optional. [*] (8)



Quinoa (1,2)

In large bowl mix:

2c cooked quinoa + chopped tomatoes + 2c chopped cucumber (extra cukes? use in salad) + 1/4c parsley dressing. [*] (2)
Store remaining quinoa (~4c) to serve w/ curry. [*] (1)

Stuffed Peppers: Fill bell pepper halves with cooled filling. Sprinkle each pepper w/ ~2T shredded cheddar cheese. [*] (3)

Salad (5)

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

- 1/2 of mixed greens
- 1/2 of sliced fennel
- 1/4c sliced almonds
- 1/4c dried cherries
- 2-3oz goat cheese crumbles

Repeat Layers. [*] (5)



Coconut-Curry Sauce (1)

Whisk together the following:

1 can full fat coconut milk
1-2T red curry paste
1/2tsp fish sauce (optional) [*] (1)

Balsamic Marinade (2)

Combine the following:

1/2c olive oil
1/4c balsamic vinegar
2T Italian seasoning
1T salt & fresh ground pepper [*] (2)

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



November Menu, Week 4: Dish Day

Day 1

Curried Shrimp, Eggplant & Snow Peas w/ Quinoa (1)

1. Preheat oven to 350 F & reheat quinoa, covered, for 20-30 min or heated through.
 2. Heat 1T olive oil in large sauté pan. Add eggplant, garlic & ginger and cook ~6 min, stirring.
 3. Push eggplant to pan edges. Add 1# shrimp & 2c snow peas to the center & cook for 2-3 minutes.
 4. Add coconut-curry sauce, bring to a boil and lower heat, cook 10-15 min or cooked through. Serve with lime wedges.
- Note: option to start marinating chicken for dinner tomorrow night.

Day 2

Balsamic Chicken w/ Italian Quinoa Pilaf (2) *marinate chicken 1 hr up to 24 hrs*

1. Marinate chicken in balsamic marinade for 1 hr up to 24 hrs.
2. Preheat oven to 375 F.
3. Remove chicken from marinade. Place chicken in a baking pan & bake for 35 min or cooked through (165 F). Serve w/ pilaf.

Day 3

Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce (3)

1. Preheat oven to 375 F. Bake for 35-45 minutes.

Day 4

Grassfed Beef & Vegetable Stew (4)

1. Reheat on stovetop over medium heat until bubbly, reduce to low, heat ~30 minutes or heated through, stirring occasionally. (Add water or broth if needed for desired consistency.)

Salad

Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese (5)

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

Breakfast

Sautéed Cabbage & Apples w/ Breakfast Sausage (6)

1. In a large sauté pan over high heat, add breakfast sausages and sear (to add color).
2. Add cabbage & apples, reduce heat to medium and cover. Cook for ~15 minutes or heated through.

Snack

Carrots & Celery w/ Almond Butter (7)

1. Per serving, scoop out 1T almond butter and spread onto 5-10 celery & carrots sticks

Dessert

Honey Broiled Grapefruit (8)

1. Preheat broiler. Broil grapefruit for 8-10 minutes or until lightly browned.