



November Menu, Week 5: Grocery List

Serves 4

1. Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shiitake Mushrooms
2. Meal 2: Garlic Roasted Pork Chops w/ Herbed Sweet Potatoes & Cucumber Slices
3. Meal 3: Steaks w/ Mashed Cauliflower & Broccoli
4. Meal 4: White Bean & Chicken Chili
5. Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds
6. Breakfast: Shakshuka
7. Snack: Pears & Cashew Butter
8. Dessert: Chai Hot Cocoa



Herbs

1 bulb garlic (1,4)
 ~2" knob ginger (1)
 1 bunch parsley (6)



Fruits

4 pears (7)
 2 grapefruit (5)



Dairy (optional)

1c shredded Monterey jack
 cheese (4)



Pantry

2T low-sodium tamari (1)
 1/2c lite coconut milk (8)*
 4c chicken broth (4)*
 ~24oz marinara sauce (6)*
 1 can white beans (4)
 4T honey (1,5,8)
 1/2c cashew butter (7)*
 2T cacao or cocoa powder (8)
 2-4 chai tea bags (8)



Veggies

1 bunch green onions (4)
 1 head broccoli (3)
 1 head cauliflower (3)
 2c snow peas (1)
 1 cucumber (2)
 1 jalapeño (4)
 1 avocado (5)
 8oz sliced mushrooms (4)
 2c shiitake mushrooms (1)
 2 red potatoes (4)
 2 large sweet potatoes (2)
 5oz baby spinach (6)
 5oz mixed greens (5)



Meats

1# boneless, skinless chicken
 breasts (4)
 4 grassfed tenderloin steaks
 (4-6oz each) (3)
 4-8 thin-cut, bone-in pork
 chops (2)



Nuts

1/2c sliced almonds (5)



Oils & Vinegars

~1/2c olive oil
 1T sesame oil (1)
 2T champagne vinegar (5)



Spices

2T cumin (4)
 4T steak seasoning (3)*
 1/4tsp cayenne (4)
 1-2T Italian seasoning (2)*
 1/2tsp red chili flakes, optional (1)
 1-2T garlic salt (2)
 (OR sub ~1T garlic powder)



Eggs

8 eggs (omega-3) (6)

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



November Menu, Week 5: Prep Day



- Sweet Potatoes:** Chop 2 lg sweet potatoes into 1" bite-sized pieces, toss w/ 1T olive oil + 1-2T Italian seasoning + S&P. [*] (2)
- Cucumber:** Cut 1 cucumber into thin slices. [*] (2)
- Salad:** Peel 2 grapefruits, removing white outer membrane. Cut into bite-sized wedges, reserving 2T grapefruit juice. Set aside. (5)
- Cauliflower:** Roughly chop 1 head of cauliflower, set aside. (3)
- Broccoli:** Chop 1 head broccoli into bite-sized pieces. Toss w/ 1T olive oil, S&P. [*] (3)
- Parsley:** Chop parsley to equal ~2T. [*] (6)
- Garlic:** Finely chop 4 garlic cloves, set aside ½ for chili & ½ for shiitakes. (1,4)
- Ginger:** Grate ginger to equal ~1tsp. Set aside. (1)
- Asian Veg:** Slice shiitake mushroom tops (discard stems) store w/ ½ of chpd garlic. Remove snow pea ends, store separately. [*] (1)
- Chili:** Finely chop 1 bunch green onions, 2 red potatoes & jalapeño (removing seeds). Set aside. (4)
- Chicken:** Cut 1# boneless, skinless chicken breasts into ¼" -½" cubes. Set aside. (4)



Cauliflower (3)

Bring 4c water to a boil, add 1 chopped cauliflower, lower heat to medium. Simmer 15 min, turn off heat. Cover and set aside. (3)

Chili (4)

Heat 1tsp olive oil in a large soup pot.

Add 8oz sliced mushrooms + chopped veggies (1 bunch green onion, 2 cloves garlic, 2 red potatoes, 1 jalapeño).

Sauté for 3-4 mins. Add cubed chicken + 2T cumin powder, cooking 2-3 minutes.

Add 4c chicken broth & 2c water, bring to a boil then lower to simmer for 30-45 minutes.

Add 1 can (rinsed & drained) white beans. Season to taste w/ S&P and ¼tsp cayenne pepper. Cool. [*] (4)



Mashed Cauliflower (3)

Place cooked cauliflower in blender, reserving cooking liquid.

Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.

Season to taste w/ salt & pepper. [*] (3)



Grass-Fed Steak (3)

Coat each steak w/ ~1T steak seasoning. If using salt-free seasoning, also season w/ salt. [*] (3)

Pork Chops (2)

Sprinkle ~¼tsp garlic salt (OR mix 2tsp garlic powder + ½tsp salt) over each pork chop. [*] (2)



Salad (5)

Layer in container as follows:

- 1/2 mixed greens
- 1/2 chopped grapefruit
- 1/4c sliced almonds

Repeat layers. [*] (5)



Vinaigrette (5)

Whisk together:

- 2T olive oil
- 2T reserved grapefruit juice
- 1T honey
- 2T champagne vinegar [*] (5)

Asian Glaze (1)

Whisk together:

- 2T low-sodium tamari
- 1T sesame oil
- 1T honey
- 1tsp fresh grated ginger [*] (1)

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



November Menu, Week 5: Dish Day

Day 1

Asian Glazed Sea Bass w/ Snow Peas & Shiitake Mushrooms (1)

1. Preheat oven to 425 F.
2. Place sea bass fillets in baking pan and drizzle 1tsp Asian Glaze over each fillet. Bake for 20-22 minutes or cooked through/ flaky.
3. Heat 1tsp oil in large sauté pan over med-high heat, add mushrooms & garlic, cooking 3-4 minutes, stirring often.
4. Add snow peas & remaining Asian glaze (~1T) to veggies. Cook additional 1-2 mins. Season to taste w/ red chili flakes (optional).

Day 2

Garlic Roasted Pork Chops w/ Herbed Sweet Potatoes & Cucumber Slices (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes in a single layer on a baking sheet. Roast for 35-40 minutes.
3. Bake pork chops for ~12-15 mins, depending on thickness of chops, or until internal temp reaches 145 F.
4. Serve w/ cucumber slices.

Day 3

Steaks w/ Mashed Cauliflower & Broccoli (3)

1. Preheat oven to 400 F.
2. Reheat mashed cauliflower, covered, in oven for 40-50 minutes or heated through (option to microwave).
3. Roast broccoli in a single layer for 20-25 minutes, removing and tossing halfway through cooking.
4. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
5. Transfer steaks to oven and continue to cook for ~6 minutes for medium-rare (cook longer for desired doneness).

Day 4

White Bean & Chicken Chili (4)

1. Reheat on stovetop over low heat until bubbly/ heated through, stirring occasionally.
2. Option to sprinkle 2-3T Monterey Jack cheese over each bowl of chili.

Salad

Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving).
2. Dice avocado and add to salad.

Breakfast

Shakshuka (6)

1. In a lg saute pan over med-high add ~24oz marinara + 5oz baby spinach. Cover & cook for 5-7 min (or spinach is wilted). Stir.
2. Add 8 eggs to pan, one at a time "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.
3. Season w/ S&P and 2T chopped parsley.

Snack

Pears & Cashew Butter (7)

Dessert

Chai Hot Cocoa (8)

1. Brew 2-4 chai tea bags in 6c boiling water.
2. Whisk in 2T cacao (or cocoa) powder + ½c lite coconut milk + 2T honey (optional).