



November Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Ginger-Orange Chicken w/ Acorn Squash & Swiss Chard
2. Meal 2: Sausage & Bell Pepper Sauté w/ Rice
3. Meal 3: Fajita Salad
4. Meal 4: Shrimp & Veggie Stir Fry w/ Rice
5. Salad: Kale Salad w/ Pomegranate & Avocado
6. Breakfast: Mushroom & Kale Frittata Cups
7. Snack: Fennel Slices
8. Dessert: Dark Chocolate



Veggies

1 garlic bulb (1,4)
3" knob fresh ginger (1,4)
2 bulbs fennel (7)
2 bunches swiss chard (1)
16oz bag chopped kale (5,6)
2 acorn squash (1)
4 bell peppers (2)
(mixed colors)
3 avocados (3,5)
6oz sliced portabellas (3)
8oz sliced mushrooms (6)
1 red onion (3)
1 bag pre-chopped
romaine lettuce (3)



Fruit

1c pomegranate arils (5)
3 oranges (1,3,5)
1 lime (3)



Meats

4 chicken leg quarters (1)
(bone-in, skin-on)
1# pre-cooked sausages (2)*
(Italian or similar flavor)
1-1½# skirt steak (3)
(OR pre-cut stirfry/ fajita meat)



Seafood

1# frozen shrimp (4)
(peeled, deveined, precooked)



Frozen

2x 16oz bags frozen stir fry
veggies of choice (4)*



Oils & Vinegars

~2c olive oil



Eggs

12 eggs, omega-3 (6)



Pantry

2c uncooked rice (2,4)
½c salsa (3)*
~¼c coconut aminos (1,3,4)
(OR tamari/ soy sauce)
1T honey (5)
16oz can black beans,
optional (3)*
4-8oz dark chocolate (8)*
12 paper muffin liners (6)
(OR silicone muffin liners)



Spices

1tsp coarse ground sea salt (5)
1T fajita seasoning (3)*
(OR just use S&P)

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



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

Preheat oven to 350 F (6)



Rice: Place 2c rice + 6c water in a pot, cover with a lid and cook over low (or cook according to package instructions.) [*] (2,4)

Frittata Muffins: In a large pot, place 8oz (½ bag) chopped kale + 8oz sliced mushrooms + 1½c water. Cover & cook over medium heat for 20 min, adding water if needed. Season w/ S&P and set aside to cool. (6)



Acorn Squash: Cut 2 squash in half & remove/ discard seeds. Spread a ~1tsp of olive oil onto flesh side & season w/ S&P. [*] (1)

Fennel: Remove/ discard top green "fronds" & stocks & lower core. Cut remaining 2 bulbs into thin slices for snacking. (7)

Swiss Chard: Remove/ discard stems from 2 chard. Roughly chop remaining leaves ~3" pieces. Option: chop 1 garlic clove. [*] (1)

Avocado: Dice 1 avocado for kale salad, set aside. (5)

Ginger & Garlic: Finely grate fresh garlic & ginger for ~2T of each. Set aside for stir fry sauce & marinades. (1,4)

Onion: Peel & chop 1 red onion into 2-3" pieces for fajita salad. [*] (3)

Sausage & Bell Pepper: Cut 1# pre-cooked sausages into 2" pieces; cut 4 bell peppers into 2" pieces. Store together. [*] (2)



Frittata Muffins (6)

Whisk 12 eggs and season w/ S&P. Stir in cooked kale & mushrooms.

Pour into lined muffin pan. Yields ~12.

Bake at 350 F for ~18-22 min or eggs are set. [*] (6)



Kale Salad (5)

Drizzle 1T olive oil + 1tsp coarse ground sea salt over 8oz chopped kale. "Massage" with hands for 2-3 minutes.

Whisk together: 1c olive oil + 1tsp orange zest + ½c orange juice + 1T honey. Toss dressing with 1 chopped avocado.

Pour dressing + avocado + 1c pomegranate arils over massaged kale. Toss all together. This will keep for 3-5 days. [*] (5)

Fajita Marinade: Combine ½c olive oil + zest & juice of 1 lime + 2T coconut aminos [*] (3)

Note: also add any remaining orange juice not used in kale salad or chicken marinade.

Stir Fry Sauce: Combine 6T coconut aminos + ~1T grated garlic + 1T grated ginger. [*] (4)

Chicken: Zest & juice 1 orange + remaining grated ginger & garlic + ½c olive oil + 2T coconut aminos. Add 4 chicken quarters. [*] (1)

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



November Menu, Super Fast: Dish Day

Day 1

Ginger-Orange Chicken w/ Acorn Squash & Swiss Chard (1)

1. Preheat oven to 375 F.
2. Place chicken legs & acorn squash on a baking sheet and roast for 40-45 minutes or chicken reaches 165 F.
3. Heat 1tsp oil in a large sauté pan and cook swiss chard (and garlic if using) for 4-6 minutes and season w/ S&P.

Day 2

Sausage & Bell Pepper Sauté w/ Rice (2)

1. Add ½ cooked rice to a small pan on stovetop w/ 1-2T water. Cook over med-low for ~20 min or heated (or option to microwave).
2. Heat 1-2tsp oil in a large saute pan. Add chopped sausage & bell peppers and cook for 10-12 minutes or heated through.

D3 NOTE: Place skirt steak/ fajita meat in marinade (ideally for 24 hours).

Day 3

Beef Fajita Salad (3)

1. Heat 1T oil in a sauté pan, cook onion, portabella & 1 can drain/rinsed black beans 10-12min. Toss w/ ~1T fajita seasoning, S&P.
2. Heat 1T oil in a sauté pan. If cooking whole skirt steak, cook 4-5 min/ side, allow to rest for 2 minutes before slicing very thinly. OR if cooking sliced stir fry/ fajita meat, cook for 1-2 min per side.
3. Slice 2 avocados.
4. To serve, top chopped romaine w/ cooked veggies, sliced fajita meat, sliced avocado & salsa.

Day 4

Shrimp & Veggie Stir Fry w/ Rice (4)

1. Add ½ cooked rice to a small pan on stovetop w/ 1-2T water. Cook over med-low for ~20 min or heated (or option to microwave).
2. In lg saute pan, place 1# frozen shrimp + 32oz frozen veggies. Cook ~10min over med-high heat. Add stirfry sauce, cook 2 min.

Salad

Kale Salad w/ Pomegranate & Avocado (5)

Breakfast

Mushroom & Kale Frittata Cups (6)

1. Reheat in toaster oven for 5-7 min or heated through (or microwave).

Snack

Fennel Slices (7)

Dessert

Dark Chocolate (8)