



December Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Slow Cooker Beef in Red Wine w/ Carrots, Celery & Potatoes
2. Meal 2: Lemon Capers Cod w/ Butternut Squash Halves & Sautéed Spinach
3. Meal 3: Mediterranean Turkey Burgers w/ Rosemary Fries
4. Meal 4: Beef Fajitas w/ Sautéed Peppers, Guacamole & Refried Beans
5. Salad: Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds
6. Breakfast: Bell Pepper & Mushroom Breakfast Tacos
7. Snack: Pork Rinds & Guac
8. Dessert: Clementines



Herbs

- 1 bulb garlic (4,6)
- 1 bunch cilantro (4,7)
- 1 bunch mint (3)



Veggies

- 2 carrots (1)
- 1 bunch celery (1)
- 4 bell peppers (4,6) (variety of colors)
- 1 tomato (4,7)
- 2 avocados (4,7)
- 1 jalapeño (4,7)
- 1 lg butternut squash (2,5)
- 8oz sliced mushrooms (6)
- 1 yellow onion (1)
- 1 red onion (4,6,7)
- 2# red potatoes (1,3)
- 10oz tub spinach (2,6)
- 5oz tub arugula (5)
- Romaine or Bibb lettuce for wraps (3)



Eggs

- 8 eggs (6) (omega-3)



Fruits

- 2-3 lemons (2)
- 1-2 limes (4,7)
- 1 bag clementines (8)
- 1 pomegranate or 1/2c arils (5)



Meats

- ~4# grassfed beef roast, rump or shoulder (1,4)
- 1-1.25# ground turkey, 93% lean (3)



Seafood

- 4 cod fillets, 4-6oz each (2)



Dairy (optional)

- ~8oz feta cheese crumbles (3,5)
- 1-2c shredded sharp cheddar, pepperjack or goat cheese (6)



Nuts & Dried Fruit

- 1/2c pumpkin seeds (5)



Oils & Vinegars

- ~1 1/4c olive oil
- 1/4c balsamic vinegar (5)



Pantry

- 16 organic corn tortillas (4,6)*
- 4T capers (2)
- 1/2c julienned sun-dried tomatoes (3)
- 2 cans refried beans (4)* (prefer Amy's brand)
- 1c red wine (1,4) (OR sub 2c beef broth)
- 1 bag pork rinds (7)*



Spices

- 1T cumin (1)
- 1T chili powder (1)
- 2T oregano (1)
- 1/4c taco seasoning (4)*
- 1tsp garlic powder (3)
- 1tsp dried rosemary (3)

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



December Menu, Week 1: Prep Day

Preheat oven to 400 F. (2,5)



Butternut Squash (2,5)

Peel and finely dice the top half of the squash (the neck). Toss squash w/ 1T olive oil + S&P. Place in single layer on baking sheet. Cut bottom of squash (bulb) in half, remove seeds, and rub with olive oil + S&P. Place on a separate baking sheet. Roast for ~30-45 minutes, tossing occasionally, or until tender. Cool. Set aside diced squash for salad (5). Store squash halves for dinner, Meal 2. [*] (2) (2,5)



Mint: Finely chop mint to equal ~3T. Set aside. (3)

Garlic: Finely chop 8-10 cloves garlic, set aside 1T for fajitas (4) & 1T for breakfast tacos (6). (4,6)

Fajitas: Cut 2 bell peppers into thin slices, slice 1/2 red onion into thin slices. Place into container w/ 1T chopped garlic. [*] (4)

Guacamole: Dice small slice of remaining half of red onion, for 1-2T total. Finely chop 1 tomato, 1 jalapeño & cilantro for ~2T. [*] (4,7)

Note: remove seeds and white ribs of jalapeño to control heat.

Breakfast: Chop remaining red onion, remaining 2 bell peppers, place in container with 1T garlic & 8oz sliced mushrooms. [*] (6)

Roast: Chop 2 carrots + 3 stalks celery into ~3" pieces and 3-4 red potatoes (~1#) into large 2" cubes. Half and then quarter 1 yellow onion (total 8 pieces). [*] (1)

Fries: Cut 3-4 (~1#) red potatoes into thin "fries". Cover with water and store in fridge. [*] (3)

Roast: Mix together 2T oregano + 1T cumin + 1T chili powder + 1T pepper. Rub onto all sides of roast. [*] (1)

Note: The roast cooks in the slow cooker on D1. Option to cook today if you choose.



Salad (5)

Layer in container as follows:

- 1/2 tub arugula
- 1/4c pumpkin seeds
- 2-3oz feta cheese crumbles
- 1/4c pomegranate arils
- 1/2 roasted butternut squash

Repeat layers. [*] (5)

Turkey Burgers (3)

Gently combine:

- 1-1 1/4# ground lean turkey
- 1/2c julienned sun-dried tomatoes
- ~3T chopped mint
- ~3oz feta, optional
- 1tsp garlic powder
- S&P, to taste

Form into 4 patties. [*] (3)



Lemon Caper Sauce (2)

Combine the following:

- zest of 2 lemons (~1tsp)
- 2T lemon juice (~2-3 lemons)
- 4T olive oil
- 4T capers [*] (2)

Balsamic Dressing (5)

Whisk together:

- ½c olive oil
- ¼c balsamic vinegar
- pepper, to taste [*] (5)

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



December Menu, Week 1: Dish Day

Day 1 ****start in AM, requires cooking in slow cooker****

Slow Cooker Beef in Red Wine w/ Carrots, Celery & Potatoes (1)

1. Add 1T oil to pan and sear beef roast for 1-2min/ side (use tongs to help flip). Place in slow cooker.
2. Top roast with chopped veg (2 carrots, 3 stalks celery, 1# red potatoes and 1 onion).
3. Cover with 1c wine + 1c water (or sub 2c beef broth for wine + water). Cook on low for 8-10 hrs or high 4-6 hrs. Serve.
4. Reserve 2 cups of meat for tacos on Day 4 (approximately 4 portions equal to the size of a deck of cards).

Day 2

Lemon Caper Cod w/ Butternut Squash Halves & Sautéed Spinach (2)

1. Remove lemon-caper sauce from fridge and bring to room temp. Preheat oven to 400 F.
2. Reheat butternut squash halves in oven for ~15-20 mins or until heated through. Option to microwave as well.
2. Heat 1T oil to large sauté pan over medium-high heat. Place 4 cod fillets in pan & cook 3-4 minutes.
3. Heat 1-2tsp oil in separate sauté pan over med-high. Add 5oz baby spinach, cover & cook 5-6 mins or wilted. Season w/ S&P.
4. Flip cod and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through.

Day 3

Mediterranean Turkey Burgers w/ Rosemary Fries (3)

1. Preheat oven to 400 F and grill to medium. Drain and dry potatoes.
2. Toss potatoes w/ 1T oil + 1tsp dried rosemary + S&P. Cook for 20-30 mins on baking sheet until tender and golden, tossing once.
3. Grill turkey burgers or cook in sauté pan for ~5min/ side. Serve burgers plain or wrapped in lettuce wrap.

Day 4

Beef Fajitas w/ Sautéed Peppers, Guacamole & Refried Beans (4)

1. Heat refried beans, covered, in 350F oven for ~20 minutes or in microwave.
2. Slice 2c reserved beef roast from Day 1.
3. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onions, sautéing for ~10 minutes.
4. Add beef + ½c water + ¼c taco seasoning, cook ~5 mins or heated through. Add more water as needed.
5. Make guacamole by mashing 1 avocado, then add: 1T cilantro, ¼c chopped tomato, 1tsp jalapeño, ½T red onion, juice of ½ lime.
6. Season guac with s&p and extra lime to taste. Serve fajitas in warmed corn tortillas with guacamole.

Salad

Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds (5)

1. Shake balsamic vinaigrette well & drizzle over salad.

Breakfast

Bell Pepper & Mushroom Breakfast Tacos (6)

1. Add 1tsp oil to large sauté pan over med-high heat. Add bell pepper, onion, garlic, sliced mushrooms & spinach. Sauté 10-12min.
2. In a large bowl, whisk together 8 eggs. Lower heat to medium, add eggs, scramble 3-5 mins or until just setting and not runny.
3. Serve eggs in warmed corn tortillas. Option to top w/ cheese.

Snack

Pork Rinds & Guac (7)

1. Make guac by mashing 1 avocado, stir in: 1T cilantro, ¼c chopped tomato, 1tsp jalapeño, ½T red onion, juice of ½ lime.
2. Season with S&P and extra lime to taste.

Dessert

Clementines (8)