



# December Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Pecan Crusted Salmon w/ Green Beans & Sweet Potatoes
2. Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms
3. Meal 3: Potato & Onion Frittata w/ Grapes
4. Meal 4: Beef Minestrone Soup
5. Salad: Mixed Greens w/ Blueberries, Walnuts & Feta
6. Breakfast: Sweet Potato Waffles w/ Bacon
7. Snack: Pumpkin Seed Trail Mix
8. Dessert: Dark Chocolate w/ Brazil Nuts



## Herbs

1 bunch basil (4)  
1 bulb garlic (2,3,4)



## Meats

½# grassfed ground beef (4)  
4 thin-cut chicken breasts,  
~1# (2)  
1 pkg thin-cut bacon (2,6)



## Dairy (optional)

4-6oz feta cheese crumbles  
(5)  
4oz goat cheese log (2)



## Pantry

28oz can diced tomatoes (4)\*  
4c low-sodium beef broth (4)\*  
4oz brown rice macaroni pasta  
(4)\*  
15oz can cannellini beans (4)  
½c almond butter, optional (6)\*  
1c shredded, unsweetened  
coconut (7)\*  
4oz dark chocolate bar (8)  
Sandwich baggies (7)



## Veggies

1 carrot (4)  
1 bunch Swiss chard (2)  
1 zucchini (4)  
1 head broccoli (2)  
2-3c green beans (1)  
1 pint cherry tomatoes (2)  
8oz whole mushrooms (2)  
1# baking potatoes (3)  
8-9 sweet potatoes (1,6)  
2 yellow onions (3,4)  
5oz tub mixed greens (5)



## Seafood

4 salmon fillets, 4-6oz ea (1)  
(skin removed)



## Nuts & Seeds

1c Brazil nuts (8)  
½c chopped walnuts (5)  
2½c chopped pecans (1,6)  
1c pumpkin seeds (7)



## Eggs

18 eggs (omega 3) (1,3,6)



## Oils & Vinegars

~1c olive oil  
¼c balsamic vinegar (5)  
~2T coconut oil (6)



## Spices

1T chili powder (1)\*  
1T paprika (1)  
1T cumin powder (1)  
2T Italian seasoning (2,4)\*  
2tsp pumpkin pie spice (6)



## Fruits

2 pints blueberries (~3c) (5,7)  
1 bag grapes (3)

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



## December Menu, Week 2: Prep Day

**Preheat oven to 350 F. (1,3,6)**



**Sweet Potatoes:** Wrap 8-9 sweet potatoes in foil. Bake for 50-60min or until soft/ cooked through. Cool, peel and mash all. Store 4c for waffles (6) and season the rest with S&P and store for dinner (1). [\*] (1,6)

**Bacon:** Set aside 2 slices bacon for chicken. Place remaining slices in single layer on baking sheet. Bake 20-25 min or crispy. [\*] (6)



**Green Beans:** Trim ends on 2-3c green beans, if needed. Toss w/ 1T olive oil, S&P. [\*] (1)

**Minestrone:** Finely dice 1 carrot, 1 zucchini, 1 yellow onion & 3-4 garlic cloves. (4)

**Frittata:** Slice 1 yellow onion, thinly slice 1# baking potatoes (works best on a mandolin), finely chop 3-4 cloves garlic. (3)

**Broccoli, Tomato & Mushroom:** Cut 8oz mushrooms & 1 pint tomatoes in half. Chop 1 head broccoli into 1/2" pieces.

Toss all w/ 2-3T olive oil, 1T Italian seasoning, S&P. [\*] (2)

**Chicken:** Remove leaves from 1 bunch chard, finely chop leaves (discard stems). Finely chop 2 slices bacon & 1 clove garlic. (2)



### **Frittata (3)**

In a large sauté pan heat 1T olive oil on high, add sliced yellow onions and cook ~5 minutes. Season w/ 1/2tsp salt.

Add sliced potatoes & chopped garlic, season w/ S&P.

Add 2c water, cover w/ lid turn heat to medium and cook 15 min or until knife easily slides through potatoes. Set aside to cool. (3)

### **Chicken (2)**

In a large sauté pan, cook chopped bacon, chard & garlic for ~8 min or until bacon is crispy.

Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool. (2)



### **Frittata (3)**

Whisk 8 eggs in a large bowl, season w/ S&P. Stir in cooked onions & potatoes. Pour into an oiled pie pan.

Bake at 350 F for 40-45 minutes or until cooked through and no longer jiggly in the center. Cool. [\*] (3)



### **Minestrone (4)**

In a large soup pot, sauté diced onion, carrot, zucchini, garlic, 1/2# ground beef & 1T Italian seasoning for ~10 min, breaking up beef.

In a blender add: 28oz can diced tomatoes w/ a large handful of fresh basil, process until smooth.

Add blended diced tomatoes + 4c broth + 4c water to soup. Add more water as necessary for desired consistency.

Cook 15-20 min over low. Add 4oz (~1c) brown rice pasta & 1 can drained cannellini beans, cook another 10min. Cool. [\*] (4)



### **Salad (5)**

Layer in container as follows:

- 1/2 tub mixed greens
- 1/4c chopped walnuts
- 2-3oz feta cheese crumbles
- 1/2 pint (~1c) blueberries

Repeat layers. [\*] (5)

### **Trail Mix (7)**

Toss together in a bowl:

- 1 pint (2c) blueberries
- 1c pumpkin seeds
- 1c shredded, unsweetened coconut

Using a 1/2c measuring cup, divide into baggies. Store in fridge. [\*] (7)

### **Pecan Salmon (1)**

Blend the following until pecans are roughly to finely chopped:

- 1 1/2c chopped pecans
- 1T chili powder
- 1T paprika
- 1T cumin powder

Place pecans in a shallow bowl. In a separate shallow bowl, place 2 eggs, whisked.

Dredge salmon in the following order:

1: eggs

2: pecan crust

Place in container. Repeat steps until all fillets are covered and placed in container. [\*] (1)

### **Chicken (2)**

Pound 4 chicken breasts flat, if needed. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [\*] (2)



### **Balsamic Dressing (5)**

Whisk together:

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

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



## December Menu, Week 2: Dish Day

### Day 1

#### **Pecan Crusted Salmon w/ Green Beans & Sweet Potatoes (1)**

1. Preheat oven to 400 F. Place green beans in a single layer on baking sheet. Place crusted salmon on separate baking sheet.
2. Reheat mashed sweet potatoes in oven while salmon & green beans cook.
3. Roast salmon for 18-22 minutes or cooked through/ flaky.
4. Roast green beans ~10 min, tossing halfway through cook time.

### Day 2

#### **Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms (2)**

1. Preheat oven to 400 F.
2. Bake chicken ~40 minutes or cooked through to 165 F. Make sure to take temperature in the meat; not the filling.
3. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 mins, tossing halfway through cook time.

### Day 3

#### **Potato & Onion Frittata w/ Grapes (3)**

1. Reheat in 350 F oven for ~20 minutes or heated through.
2. Serve with grapes.

### Day 4

#### **Beef Minestrone (4)**

1. Reheat on stovetop over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally). (Add water or broth if needed for desired consistency.)

### Salad

#### **Mixed Greens w/ Blueberries, Walnuts & Feta (5)**

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

### Breakfast

#### **Sweet Potato Waffles w/ Bacon (6)**

1. Mix together ~4c mashed sweet potato + 2tsp pumpkin pie spice + 8 eggs + 1c chopped pecans.
2. Heat waffle iron and brush with coconut oil.
3. Place ~ $\frac{1}{8}$  of batter in waffle iron and cook ~5min.
4. Repeat 7 times and serve topped with melted almond butter and bacon on the side.

### Snack

#### **Pumpkin Seed Trail Mix (7)**

### Dessert

#### **Dark Chocolate w/ Brazil Nuts (8)**

1. Enjoy 1oz chocolate +  $\frac{1}{4}$ c Brazil nuts per serving.