



December Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Steamed Crab Legs w/ Lemon Rice & Roasted Asparagus
2. Meal 2: Orange Chicken & Broccoli w/ Coconut Rice
3. Meal 3: Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli
4. Meal 4: Turkey Taco Soup
5. Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese
6. Breakfast: Kale, Sausage & Feta Cheese Frittata
7. Snack: Tangelos & Almonds
8. Dessert: Kiwi & Pomegranate Parfait



Herbs

1 bulb garlic (2,4)
 1 bunch basil (3)
 ~2" knob ginger (2)



Meats

¾# ground turkey, 85% lean (4)
 1½# boneless, skinless chicken thighs (2)
 ½# breakfast sausage (6)*



Dairy (optional)

12-14oz feta cheese (3,6)
 4-6oz goat cheese crumbles (5)
 4oz grassfed butter (1)



Pantry

2c long grain brown rice (1,2)
 12oz GF penne pasta (3)
 15oz can black beans (4)*
 15oz can red beans (4)*
 15oz can chickpeas (3)*
 ~2oz sliced olives, optional (3)
 8.5oz jar julienned sundried tomatoes in olive oil (3)
 15oz can tomato puree (4)*
 6oz tomato paste (2)*
 4c low-sodium chicken broth (4)*
 ½c full fat coconut milk (2)*
 1T tamari (2)
 4T honey (2)



Veggies

1 bunch kale (6)
 2 ears of corn (4)
 (OR 1c frozen corn)
 1 head broccoli (2,3)
 1 bunch asparagus (1)
 1 red bell pepper (4)
 1 jalapeño (4)
 1 yellow onion (4,6)
 5oz tub arugula (5)



Seafood

~4# crab legs (1)



Nuts & Dried Fruits

½c dried cranberries (5)*
 ½c whole almonds (7)
 ¼c sesame seeds (2)
 ½c sliced almonds (5)



Eggs

12 eggs, omega-3 (6)



Oils & Vinegars

~¾c olive oil
 1T toasted sesame oil (2)
 ¼c balsamic vinegar (5)
 1tsp rice vinegar (2)



Spices

2T taco seasoning (4)*
 1-2tsp red chili flakes, optional (3)



Fruits

2 pears (5)
 8 tangelos (7)
 2 oranges (2)
 1 lemon (1)
 12 kiwi (8)
 2 pomegranates (8)
 (OR 1-2c arils)

*Note: read ingredient list to avoid added gluten, sugars & msg.



December Menu, Week 4: Prep Day

Preheat oven to 350 F. (6)



Rice: Place 4c water + 2c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid and cook 30-45 min. Set aside. (1,2)



Asparagus: Remove & discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil, S&P. [*] (1)

Kale: Separate kale stems from leaves, finely chop both (6).

Yellow Onion: Finely chop 1 yellow onion, set aside ½ for soup, ½ for frittata. (4,6)

Soup: Finely chop 1 red bell pepper, 2 cloves garlic, 1 jalapeño (discard seeds) & cut corn from cob. (4)

Orange Chicken: Grate ginger (~1T), chop 4-5 cloves garlic (~1T), zest 1 orange (~1 tsp) & juice 2 oranges (~ ½c). (2)

Kiwi & Pomegranate: Peel & cut each kiwi into 6-8 bite-sized pieces. Remove arils from pomegranate. Toss together. [*] (8)

Broccoli: Chop broccoli into bite-sized pieces. Set aside 2-3c for orange chicken (2). Store remaining broccoli for pasta. [*] (3)



Frittata (6)

Place ½# breakfast sausage in large sauté pan over med-high heat, begin to brown, breaking apart meat w/ spatula.

Add chopped kale (stem & leaves) & chopped ½ yellow onion. Cook for ~10 min or until veggies & sausage are cooked. Cool. (6)



Taco Soup (4)

In a large soup pot over med-high heat, add:

1tsp olive oil + chopped veggies (½ yellow onion + 1 bell pepper + 2 garlic cloves + 1 jalapeño).

Cook veggies for ~5 minutes.

Add ¾# ground dark meat turkey + 2T taco seasoning, crumbling meat & cooking 10 more min.

Add 15oz can tomato puree + 4c chicken broth, turn to low, cook 30min.

Add 1 can black beans + 1 can red beans (both drained) + corn kernels.

Cook 10 more minutes. Cool. [*] (4)



Frittata (6)

Whisk 12 eggs in a large bowl. Stir in cooled sausage, kale & onions.

Crumble in 6-8oz feta cheese and season with ½ tsp fresh ground black pepper.

Pour into an oiled casserole dish. Bake at 350 F for 35-45 minutes or until no longer jiggly. Allow to cool. [*] (6)



Orange Chicken (2)

In a large pot, heat 1tsp olive oil, add:

1T grated ginger + 1T chopped garlic + 1 tsp orange zest. Sauté for 2-3 minutes.

Whisk into pot until well combined:

- ~ $\frac{1}{2}$ c orange juice (~2 oranges)
- 1T toasted sesame oil
- 1T tamari
- 6oz tomato paste
- 4T honey
- 1tsp rice wine vinegar

Add 1 $\frac{1}{2}$ # boneless, skinless chicken thighs and cook on medium, covered, for 45 min up to 1 hour, stirring occasionally.

Add in chopped broccoli and cook another 10 min. Sprinkle w/ $\frac{1}{4}$ c sesame seeds. Cool. [*] (2)



Salad (5)

Layer in container as follows:

- $\frac{1}{2}$ of arugula
- $\frac{1}{4}$ c dried cranberries
- $\frac{1}{4}$ c sliced almonds
- 2-3oz goat cheese crumbles

Repeat layers. [*] (5)

Lemon Rice (1)

Mix $\frac{1}{2}$ of the cooked rice w/ 1tsp lemon zest & 1-2T fresh lemon juice. [*] (1)

Coconut Rice (2)

Mix remaining $\frac{1}{2}$ of cooked rice w/ $\sim\frac{1}{2}$ c coconut milk. [*] (2)



Balsamic Dressing (5)

Whisk together:

- $\frac{1}{2}$ c olive oil
- $\frac{1}{4}$ c balsamic vinegar
- pepper to taste [*] (5)

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



December Menu, Week 4: Dish Day

Day 1

Steamed Crab Legs w/ Lemon Rice & Roasted Asparagus

1. Preheat oven to 400 F. Reheat rice for ~40 min or until heated through.
2. In lg pot w/ steamer insert, bring water to boil (make sure water is below the level of insert).
3. Place asparagus on parchment lined baking sheet and roast for 10-12 minutes, tossing halfway through cook time.
4. Place crab legs in steamer for 6-14 min, or until heated through. Serve crab with melted butter, optional.

Day 2

Orange Chicken & Broccoli w/ Coconut Rice (2)

1. Preheat oven to 350 F. Reheat both chicken & coconut rice, covered, for 40-50 minutes or warmed through.

Day 3

Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli (3)

1. Bring a large pot of water to a boil, add 12oz penne pasta + chopped broccoli. Cook according to pkg instructions then drain.
2. Finely chop fresh basil while pasta cooks.
3. To cooked pasta/ broccoli add: julienned sundried tomatoes (w/ 1-2T oil) + 1 can chickpeas, drained + basil + 6oz feta crumbles.
4. Stir and heat over low until everything is combined and cheese just starts to melt. Option to add sliced olives & red chili flakes.

Day 4

Turkey Taco Soup (4)

1. Reheat on stove top until bubbly/ heated through. Add additional water/ broth if needed.

Salad

Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Dice 2 pears and add to salad. Drizzle dressing over salad.

Breakfast

Kale, Sausage & Feta Cheese Frittata (6)

1. Reheat each slice in toaster oven (3-5min) or microwave (30sec-1min) OR reheat entire frittata in 350 F oven, ~15-20 min.

Snack

Tangelos & Almonds (7)

1. Enjoy 1-2 tangelos + 1/8c whole almonds per serving.

Dessert

Kiwi & Pomegranate Parfait (8)