



# January Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash
2. Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup
3. Meal 3: Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa
4. Meal 4: Potato & Bacon Soup
5. Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber, & Walnuts
6. Breakfast: "Good Luck" Scramble
7. Snack: Popcorn Baggies w/ Coconut Chips
8. Dessert: Snickerdoodles



## Herbs

1 bulb garlic (1,2,3,4,6)  
 ~3-4" knob of ginger (1,2)  
 1 bunch parsley (3,6)



## Fruits

2-3 lemons (1,3)  
 1 pear (2)  
 ½c pomegranate arils (5)  
 (OR 1 pomegranate)



## Nuts & Dried Fruits

½c chopped walnuts (5)



## Pantry

1c uncooked quinoa (3)  
 64oz vegetable broth (2,4)\*  
 1 can black-eyed peas (3,6)\*  
 4T tamari (1)\*  
 ¾c cashew butter (8)\*  
 ½c tahini (3)  
 1 bag air-popped popcorn (7)  
 1 bag dried coconut chips (7)\*  
 ½c maple syrup (8)  
 1T honey (1)  
 (OR sub maple syrup)  
 2½c almond flour (8)  
 ½tsp baking soda (8)  
 1T coconut sugar, optional (8)  
 baggies, optional (7)  
 1tsp vanilla extract (8)\*



## Veggies

16oz button mushrooms (1)  
 1 cucumber (5)  
 1 carrot (4)  
 2 avocado (5)  
 2 acorn squash (1)  
 2 yellow onion (2,4)  
 2-3 sweet potato (~2#) (2)  
 4 red potatoes (4)  
 1 bunch collard greens (6)  
 (OR pre-chopped collards)  
 5oz tub mixed greens (5)



## Meats

8 chicken drumsticks (2)  
 (bone-in, skin-on)  
 1-1½# ground lamb (3)  
 (OR sub ground beef or bison)  
 ~1# thin-sliced bacon (4,6)\*



## Oils & Vinegars

~1c olive oil  
 ¼c balsamic vinegar (5)  
 ½c coconut oil (8)



## Eggs

10 eggs (omega-3) (6,8)



## Spices

1tsp cumin (3)  
 2tsp coriander (3)  
 ~1½T cinnamon (8)



## Seafood

4 salmon filets, 4-6 oz each (1)

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



# January Menu, Week 1: Prep Day

**Preheat oven to 325 F. (8)**



**Quinoa:** Place 1c quinoa & 2c water in a pot, cook over low for ~20 min. Set aside. (3)



**Mushrooms & Squash:** Cut 16oz button mushrooms in half. Half 2 acorn squash, remove seeds, cut into 1/2" crescents. Toss w/ ~3T olive oil & S&P. Store together to save space. [\*] (1)

**Cucumber:** Finely dice 1 cucumber to equal 1c, set aside for salad. Chop remaining for snacking. [\*] (5)

**Salmon Marinade:** Peel & grate ginger for 1T and chop 2 cloves garlic. Set aside. (1)

**Pear Soup:** Peel & roughly chop 2-3 sweet potatoes, 1 yellow onion & 1 clove garlic. Peel & chop 1 pear & ginger for ~2tsp. (2)

**Potato Soup:** Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. Dice 4 red potatoes, set aside. (4)

**Parsley:** Finely chop parsley. Set aside ~1T for lamb (3). Toss ~1/4c parsley + 1/2 can drained black-eyed peas w/ cooked quinoa. [\*] (3)  
Note: save remaining black-eyed peas for scramble (6).

**Scramble:** Separate stems from leaves from 1 bunch collards. Finely chop both. Finely dice 2 cloves garlic. (6)

**Bacon:** Finely chop ~1# bacon and set aside 1/2 for soup and 1/2 for scramble. (4,6)



## Potato Soup (4)

In a large stock pan over high heat, sauté ~1/2# chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic) for 4-5 mins. Add 4 diced red potatoes + 4c (32oz) veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. Season w/ S&P. Cool. [\*] (4)

## Pear Soup (2)

In large soup pot, heat 1tsp olive oil & sauté 1 roughly chopped yellow onion for 3-4 minutes or until a slight change in color. Add 2-3 peeled & chopped sweet potatoes, 1 clove garlic & 3c (24oz) veggie broth. Cover, turn heat to med, cook 30 mins. Remove from heat to cool. (2)



## Scramble (6)

In a lg saute pan over med-high heat, add ~1/2# chopped bacon, cook 4-5 min. Add 1 bunch finely chopped collards + 2chopped garlic cloves. Cook for 8-10 min, stirring often. Add 1/2 can drained black-eyed peas + 1/2c water. Cover and simmer until greens wilt and are tender, ~10-15 mins. Add water as needed during cook time. Stir, season w/ S&P & cool. [\*] (6)  
Option: add 8 eggs and cook/ scramble or wait and add eggs on Dish Day.



### Snickerdoodles (8)

Whisk the following together in a large bowl using a large fork:

- 2 eggs
- 1/3c maple syrup
- 2/3c cashew butter
- 1tsp vanilla extract
- 2 1/2c almond flour
- 1/2tsp baking soda
- 1tsp cinnamon
- 1/2c melted coconut oil

Refrigerate for 10-15 min, then roll into 1T balls. Yields ~36 balls.

Option: Roll in 1T cinnamon mixed with 1T coconut sugar & press with a fork.

Bake at 325 F 10-12 minutes. Cool. [\*] (8)



### Tahini Sauce (3)

Place the following in a food processor or blender:

1/2c tahini (stirred) + 3T lemon juice + 1-2 cloves garlic (smashed, skin removed) + 1/2c water + 1T olive oil + 1/4tsp salt (or to taste)  
Blend on high until smooth. [\*] (3)

### Pear Soup (2)

Place the following in a blender:

Cooked sweet potato, onion & garlic + 1 peeled/chopped pear + 2tsp fresh ginger (peeled & rough chopped) + 1/4tsp salt.  
Blend until smooth, adding water/ broth as needed for desired consistency. Season to taste as needed. [\*] (2)



### Popcorn Baggies (7)

Combine 1 bag air-popped popcorn + 1 bag dried coconut chips. Divide into individual baggies or store in air tight container. [\*] (7)

**Salmon Marinade:** Combine: 1T grated ginger + 2 garlic cloves + 4T tamari + 1T honey (or maple syrup) + 4T olive oil + 1T lemon juice [\*] (1)

**Lamb Kofta:** Mix 1-1 1/2# ground lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P. Form into 4-8 patties. [\*] (3)

### Salad (5)

Layer in salad tub as follows:

- 1/2 of mixed greens
- 1/2c cucumber
- 1/4c pomegranate arils
- 1/4c chopped walnuts

Repeat layers. [\*] (5)



### 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



# January Menu, Week 1: Dish Day

## Day 1

### **Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash (1)**

1. Preheat oven to 425 F. Marinate salmon fillets for 30 minutes (or while oven preheats).
2. Place squash and mushrooms on baking pan. Roast for 20-30 minutes, tossing halfway through cook time.
3. Place salmon in baking pan. Bake for 15-18 minutes, or until just cooked/flaky.

## Day 2

### **Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup (2)**

1. Preheat oven to 425 F.
2. Pat drumsticks dry w/ a paper towel. Season w/ fresh ground pepper & salt. Place in single layer on baking sheet.
3. Bake drumsticks for 35-40 min or cooked to 165 F.
4. Heat soup on stove top over medium, stirring occasionally, until heated through.

## Day 3

### **Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa (3)**

1. Reheat quinoa in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Cook kofta in large sauté pan over med-high heat for 4-5min/ side (or grill).

## Day 4

### **Potato & Bacon Soup (4)**

1. Reheat on stove top, on low, until bubbly/ heated through, stirring occasionally.

## Salad

### **Mixed Greens w/ Pomegranate, Avocado, Cucumber & Walnuts (5)**

1. Let vinaigrette come to room temp and shake well.
2. Chop ½ avocado per serving and add to salad.
3. Toss dressing into salad (or drizzle 1T/ serving over salad).

## Breakfast

### **"Good Luck" Scramble (6)**

1. Reheat collard mixture in large sauté pan over med-high heat, 6-8 min or heated through.
2. Scramble in 8 eggs or serve scrambled eggs on the side.

## Snack

### **Popcorn Baggies w/ Coconut Chips (7)**

## Dessert

### **Snickerdoodles (8)**