



January Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Cider Cream Scallops over Gluten Free Pasta
2. Meal 2: Goat Cheese, Tomato, & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes
3. Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce
4. Meal 4: Chipotle 3-Bean Veggie Chili
5. Salad: Mixed Greens w/ Beets, Goat Cheese & Walnuts
6. Breakfast: Pumpkin "Donuts"
7. Snack: Bananas w/ Spiced Peanut Butter
8. Dessert: Honey Broiled Grapefruit



Herbs

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



Fruits

4 bananas (7)
4 grapefruit (8)



Dairy (optional)

6oz soft goat cheese (2,5)
~4oz parmesan cheese (3)
~4oz shredded jack cheese (4)



Pantry

~25oz jar marinara sauce (3)*
1/4c sundried tomatoes (2)*
(packed in olive oil)
28oz fire roasted tomatoes (4)*
1 box gluten-free pasta (1)
15oz can black beans (4)*
15oz can kidney beans (4)*
15oz can pinto beans (4)*
1 can full fat coconut milk (1)
2tsp vanilla extract (6)*
1/2c coconut flour (6)
3/4c almond flour (6)
1 1/4tsp baking soda (6)
1/2c maple syrup (6)
1/2c peanut butter (7)*
(OR nut/seed butter of choice)
1/4c apple cider juice (1)*
4T honey, optional (8)
2T coconut sugar (6)
1/2c pumpkin purée (6)*
Mini muffin pan liners (6)



Veggies

4 large beets (5)
(2 red, 2 golden if available)
3 bell peppers (4)
(various colors)
16oz sliced mushrooms (3)
2 large sweet potatoes (2)
1 large yellow onion (3,4)
1 shallot (1)
1-2 spaghetti squash (~4#) (3)
5oz baby spinach (2)
5oz mixed greens (5)



Meats

1# grassfed ground beef,
93-95% lean (3)
1# thin-cut chicken breasts (2)
(OR sub boneless, skinless)



Nuts

1/2c chopped walnuts (5)



Spices

~2T chili powder (4)*
3T herbs de provence (2)
(OR Italian herb blend)
2T pumpkin pie spice (6,7)*
1 dried chipotle pepper (4)
1/4tsp red pepper flakes (1)
1 1/2tsp cinnamon, optional (6)



Eggs

4 eggs, omega-3 (6)



Oils & Vinegars

~1c olive oil
1/4c balsamic vinegar (5)
1T apple cider vinegar (1)
~8T coconut oil (1,6)
(OR sub grassfed butter)



January Menu, Week 2: Prep Day

Preheat oven to 350 F. (3,5,6)



Spaghetti Squash: Pierce spaghetti squash with a knife and roast whole for ~1½ hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Take halved spaghetti squash (already cooked & cooled) and remove seeds. Then scoop out squash. [*] (3)

Beets (5)

Peel 4 beets and dice into ½" cubes. Toss w/ 1-2T olive oil +S&P. Roast for 45-55 min, tossing halfway through cooking. When cooked through (a knife easily slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Cool. (5)



Spinach: Place 5oz baby spinach in a steamer filled with ~3c hot water. Steam for 4-5 minutes or wilted. Cool. (2)

Chipotle: Place dried chipotle pepper in hot steam water from above (or in ~3c hot water) and allow to rehydrate. (4)



Grapefruit: Cut in half, horizontally, and loosen segments with a knife. Top each w/ 1-2tsp honey, optional. [*] (8)

Onion: Dice 1 yellow onion, set aside ½ for marinara sauce & ½ for chili (3,4)

Bell Pepper: Finely dice 3 bell peppers. (4)

Scallops: Mince 1 shallot and 1 garlic clove. Chop basil for 2T. Set aside separately. (1)

Garlic: Finely chop 5-8 cloves garlic for a total of 2T, 1T for chili & 1T for marinara sauce. (3,4)



Chili (4): In a large stock pan, sauté 3 diced bell peppers, diced ½ onion & 1T chopped garlic in 1tsp olive oil for 10 minutes.

Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).

Place chipotle in a blender with 2-3c of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chipotle to sautéed veggies.

Add 28oz fire roasted diced tomatoes, 2T chili powder and 3 cans of drained beans. Bring to a boil then lower to medium-low heat, stirring occasionally and adding water or stock as needed. Continue to cook for 30 min -1 hr. Season w/additional chili powder, S&P as needed. Remove from heat, cool. [*] (4) Option: the chili yields 8 servings, freeze ½ to use at a later date.



Marinara Sauce: In a lg sauté pan, add 1# ground beef, 1T chopped garlic, diced ½ onion, 16oz sliced mushrooms, sauté 15 min, breaking apart meat. Add 25oz marinara sauce and S&P to taste. Stir, remove from heat & cool. [*] (3)

Cider Cream Sauce (1)

Heat 1T oil in saute pan over medium heat. Add 1 minced shallot and 1 garlic clove, cook for ~1 min or until aromatic.

Add 1T apple cider vinegar and let cook off about 1 minute. Add ¼c apple cider juice and cook for additional 1 minute.

Add ¼tsp red pepper flakes and 1 can coconut milk. Turn heat to low and simmer until slightly thickened, ~2-4 minutes.

Set aside to cool, then add in 2T chopped basil before storing. [*] (1)



Pumpkin "Donuts" (6)

Line a mini muffin pan with liners (will make about 24 mini)

In a large bowl mix wet ingredients:

4 eggs, room temperature + 7T melted coconut oil (or butter) + 1/2c maple syrup + 2T coconut sugar + 1/2c pumpkin purée + 2tsp vanilla extract

In a second large bowl mix dry ingredients:

1/2c coconut flour + 3/4c almond flour + 1 1/4tsp baking soda + 1T pumpkin pie spice + 1/4tsp salt

Stir dry mixture into wet mixture until combined. Pour batter into muffin liners just to top of the cup line.

Bake ~13 mins or until a toothpick comes out clean. Place on a rack to completely cool. Store at room temp or freeze extra. [*] (6)



Sweet Potato: Cut 2 sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T herbs de provence, and S&P. [*] (2)

Spinach: Squeeze excess water from steamed spinach (cooked spinach should be ~1/4c in size). (2)

Chicken: Roughly chop 1/4c steamed spinach & 1/4c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese, set aside. (2)



Stuffed Chicken (2)

If you didn't purchase thin-cut chicken, place 1 breast between 2 pieces of parchment (or plastic wrap).

Place on a large cutting board. Pound chicken using a mallet until thin. Repeat for the other 3 breasts.

Spread each breast w/ ~2T tomato, spinach, goat cheese filling and roll tightly. [*] (2)

Spiced Nut Butter: Combine 1/2c peanut butter with 1T pumpkin pie spice. Stir until well combined. [*] (7)

Salad (5)

Layer the following:

- 1/2 of mixed greens
- 1/4c chopped walnuts
- 1/2 roasted beets
- 2oz goat cheese, crumbled

Repeat layers. [*] (5)



Balsamic Dressing: 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 2: Dish Day

Day 1

Cider Cream Scallops over Gluten Free Pasta (1)

1. Put pot of water on to boil for GF pasta. Cook according to package directions. Drain.
2. Remove scallops from fridge and pat very dry. Season with S&P.
3. Heat saute pan to high and add 1tsp coconut oil.
4. Add scallops to pan, be sure not to crowd the pan. (May need to do in a few batches.)
5. Cook 1-2 mins, flip, cook 1-2 mins more until both sides are golden. Transfer to plate. (don't over cook scallops they get rubbery!)
6. Turn heat down to medium, add sauce and let simmer to reheat. Serve sauce poured over scallops and GF pasta.

Day 2

Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Sweet Potatoes (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray, roast for 35-40 min, tossing halfway through cooking.
3. Place chicken in an oiled baking pan, bake for 30-35 min or until cooked through & no longer pink (internal temp: 165 F).

Day 3

Spaghetti Squash w/ Beef & Mushroom Marinara Sauce (3)

1. Preheat oven to 350 F.
2. Place spaghetti squash and tomato sauce in oven-safe containers and reheat in oven for 50-60 min, stirring halfway through.
3. To serve, top spaghetti squash w/ marinara sauce. Option to grate parmesan over the top.

Day 4

Chipotle 3-Bean Veggie Chili (4)

1. In lg pot on stove top, reheat chili over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through.
 2. Add water or broth as needed for desired consistency. Option to serve topped w/ shredded jack cheese.
- Option: serve with Corn Muffins (<http://prepdish.com/gluten-free-corn-muffins/>). Be sure to add needed items to your grocery list.

Salad

Mixed Greens w/ Beets, Goat Cheese & Walnuts (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving).

Breakfast

Pumpkin "Donuts" (6)

1. Option to "dust" donuts with 1½tsp cinnamon immediately before serving.

Snack

Bananas w/ Spiced Peanut Butter (7)

1. Serve each banana w/ 1-2T spiced peanut butter.

Dessert

Honey Broiled Grapefruit (8)

1. Preheat broiler. Broil grapefruit for 8-10 minutes or until lightly browned.