



January Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash
2. Meal 2: Maple Mustard Pork w/ Roasted Carrots & Parsnips
3. Meal 3: Shepherd's Pie
4. Meal 4: Tom Kha Gai Soup
5. Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds
6. Breakfast: Lumberjack Muffins
7. Snack: Kiwi + Pistachios
8. Dessert: Cherry Berry Cobbler



Herbs

2 cloves garlic (4)
 1 bunch parsley (2)
 ~2" knob ginger (4)
 1 stalk lemongrass, optional (4)



Fruits

8 kiwi (7)
 1c seedless grapes (5)
 2 limes (4)



Dairy (optional)

½c butter, unsalted (8)
 (OR sub ½c coconut oil)



Pantry

2T tomato paste (3)*
 4c chicken broth (3,4)*
 1 can full fat coconut milk (4)
 ¼c grainy mustard (2)*
 2T maple syrup (2)*
 ½c shredded coconut (8)
 (unsweetened)
 1tsp almond extract (8)
 1¼c almond flour (8)
 Muffin liners (6)



Veggies

2-3# butternut squash (1)
 (OR 1 bag pre-cut)
 1 bunch green onions (4)
 1-2 avocados (5)
 2 red bell peppers (4,6)
 1 jalapeño (4)
 1# carrots (2,3,4)
 2 lg parsnips (2)
 1 head broccoli (1)
 1 head cauliflower (3)
 1c (4oz) shiitake mushrooms (4)
 3 large russet potatoes (3,6)
 2 yellow onions (3,4,6)
 5oz mixed greens (5)



Meats

1# ground lamb (3)
 (OR sub ground beef)
 1-1½# pork tenderloin (2)
 1 bone-in, skin-on chicken breast (4)
 1 bone-in, skin-on chicken leg quarter (4)
 1# country sausage (6)*



Nuts & Dried Fruits

2c pistachios (in shell) (7)
 ½c sunflower seeds (5)
 1½c almonds (1)
 1½c medjool dates (~12) (8)
 1c pecans (8)



Oils & Vinegars

~¾c olive oil
 ¼c balsamic vinegar (5)
 1T coconut oil (4)



Spices

1T chili powder (1)*
 1½T paprika (1,6)
 1T cumin (1)
 ~2½T dried basil (1,2,3)
 1tsp thyme (3)
 1T cinnamon (8)
 1tsp ground ginger (8)



Eggs

14 eggs, omega-3 (1,6)



Seafood

4 salmon fillets, skin removed (1)



Frozen

1c peas (3)
 10oz frozen dark cherries (8)
 10oz frozen blueberries (8)

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



January Menu, Week 3: Prep Day

Preheat oven to 325 F. (6)



Grapes: Cut grapes in half for a total of 1c, set aside. Store any leftover grapes for snacking. (5)

Butternut Squash: If not pre-cut, peel, remove seeds & cut into small, 1" pieces. Toss w/ 1-2T olive oil + 1T dried basil + S&P. [*] (1)

Garlic: Finely chop 2 garlic cloves, set aside. (4)

Onion: Finely chop 1 yellow onion, set aside ½ for soup (4) & ½ for shepherd's pie (3). (3,4)

Soup: Finely chop 1 carrot, 1 red bell pepper & 1c shiitake mushrooms; peel & finely chop ginger (to yield ~1T). Set aside. (4)

Soup: Remove outer layer of lemongrass, bruise by pounding with a meat tenderizer, keep whole. Set aside. (4)

Soup: Remove/ discard jalapeño seeds, finely chop remaining jalapeño. Finely chop white part of green onions. Set aside. (4)

Soup: Chop green part of green onions, store. [*] (4)

Lumberjack Muffin: Chop 1 onion, 1 red pepper and 1 russet potato into bite-size pieces. Set aside, keeping onion separate. (6)

Carrots & Parsnips: Cut 3 carrots & 2 parsnips into bite-sized pieces (~1"). Chop parsley for ~2T. Toss together with 2T olive oil + 1T dried basil + 1tsp salt. [*] (2)

Carrots: Finely chop remaining carrots (~2-3) and set aside for Shepherd's Pie. (3)

Cauliflower & Potatoes: Peel 2 russet potatoes and roughly chop into ~2" pieces. Rough chop 1 head of cauliflower. (3)

Broccoli: Cut into 1" bite-sized pieces. [*] (1)



Soup (4)

Heat 1T coconut oil in lg soup pot over medium-high heat. Add chicken leg quarter & breast, sear 1-2 min skin side down, flip. Add all chopped veggies (garlic, ginger, onion, bell pepper, carrot, mushrooms, jalapeño, whites of green onion & lemongrass). Cook 5 minutes. Add 3½c chicken broth (reserving ½c for the Shepherd's Pie) & 1 can coconut milk. Cook 20 mins over medium. Remove chicken and allow to cool, ~5 minutes. Cut meat from chicken and return to soup. Add juice + zest of 1 lime. Season to taste with salt as needed. Cool & store. [*] (4)

Cauliflower & Potatoes (3)

Steam or boil 2 chopped russet potatoes & 1 head cauliflower for ~30 mins or until cooked through/ a knife inserts easily. Cool. (3)



Shepard's Pie (3)

Add 1# ground lamb + 1tsp thyme + 1tsp dried basil + S&P to a large sauté pan over med-high heat, break apart meat.

Add ½ chopped yellow onion + 2-3 chopped carrots and cook for 10 minutes or until onions are translucent.

Add ½c chicken broth + 1c frozen peas + 2T tomato paste and cook 5 more minutes. Season to taste w/ S&P. Set aside. (3)



Lumberjack Muffins (6)

Cook 1# country sausage + 1 chopped onion for 5 minutes over med-high heat, breaking up meat.

Add 1 chopped red pepper and 1 chopped russet potato. Cook 5 mins, stirring often.

Cover and cook 5 more mins or until potatoes are tender. Cool.

Whisk together 12 eggs + 1tsp paprika + S&P to taste.

Use ¼c to scoop meat mixture into oiled or paper-lined muffin tins.

Cover meat mixture w/ whisked eggs & bake 17-19 min. Cool. Yields ~26 muffins. [*] (6)



Cobbler (8)

Place in food processor or blender:

½c butter (or coconut oil) + 1½c (~12) medjool dates, pitted + 1c pecans + 1c almond flour + ½c unsweetened shredded coconut + 1T cinnamon + 1tsp ground ginger + ½tsp salt
Pulse until combined and it begins to form a ball.

Toss 10oz bag frozen dark cherries + 10oz bag frozen blueberries together w/ ¼c almond flour & 1tsp almond extract.
Layer on the bottom of 9x9" pan.

Top with cobbler from above (does not have to cover completely). Cover with foil. [*] (8)



Almond Salmon (1)

Blend the following until almonds are roughly to finely chopped and place in shallow bowl:

- 1½c almonds
- 1T chili powder
- 1T paprika
- 1T cumin

Whisk 2 eggs into a separate shallow bowl.

Dredge salmon in the following order:

- 1: eggs
- 2: almond crust

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

Cauliflower & Potatoes (3)

Place steamed russet potatoes & cauliflower in food processor (or blender), puree until just smooth, add water as needed for smooth consistency. Season w/ S&P. (3)



Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½c chopped grapes
- ¼c sunflower seeds

Repeat layers. [*] (5)

Shepherd's Pie (3)

In an 8x8" pan, layer the cooked meat followed by the mashed cauliflower & potatoes. Cover. [*] (3)



Maple-Mustard (2)

Whisk together: ¼c grainy mustard + 2T maple syrup.
Evenly coat a 1-1½# pork tenderloin. [*] (2)

Balsamic Vinaigrette: Combine ½c olive oil + ¼c balsamic vinegar + pepper [*] (5)

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



January Menu, Week 3: Dish Day

Day 1

Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash (1)

1. Preheat oven to 400 F. Place butternut squash in single layer on baking sheet. Roast 30-35 min, tossing halfway through.
2. Roast salmon for 18-22 minutes or cooked through/ flaky.
3. Steam (or boil) broccoli for ~5min & season w/ S&P.

Day 2

Maple Mustard Pork w/ Roasted Carrots & Parsnips (2)

1. Preheat oven to 425 F.
2. Remove pork from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast pork & veggies for ~30-40 minutes or pork is cooked through (145 F). Toss veggies halfway through cook time.

Day 3

Shepherd's Pie (3)

1. Preheat oven to 375 F. Bake, covered, 40-50 minutes or heated through.
- Option: uncover during final 5-10min of baking to brown topping.

Day 4

Tom Kha Gai Soup (4)

1. Reheat on stove top over low-medium until bubbly and heated through. Remove & discard whole piece of lemongrass.
2. Serve with lime wedges & chopped green onion on top.

Salad

Mixed Greens w/ Grapes, Avocado & Sunflower Seeds (5)

1. Let vinaigrette come to room temp and shake well. Dice avocado(s) and add to salad.
2. Dress each salad portion with ~1-2T vinaigrette.

Breakfast

Lumberjack Muffins (6)

1. Reheat muffins in 350 F oven for 15-20 mins or heated through. Option to reheat in microwave, toaster oven, or enjoy cold.

Snack

Kiwi + Pistachios (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + 1/2c pistachios (in shell).

Dessert

Cherry Berry Cobbler (8)

1. Bake in preheated 375 F oven for ~30 minutes.