



# January Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Beef & Butternut Squash Tagine over Quinoa
2. Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles
3. Meal 3: Orange-Cilantro Shrimp w/ Broccoli & Quinoa
4. Meal 4: Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms
5. Salad: Mixed Greens w/ Raspberries, Feta & Pistachios
6. Breakfast: Baked Apples w/ Walnuts & Cherries
7. Snack: Roasted Mini Peppers
8. Dessert: Dark Chocolate + Almonds



## Herbs

1 bulb garlic (2,3,4,7)  
1 bunch cilantro (3)  
1 bunch basil (2,4,7)



## Fruits

1c raspberries (5)  
4 apples (6)  
1 lemon (2,4)  
1 orange (3)



## Dairy (optional)

4oz feta crumbles (5)  
4oz goat cheese crumbles (4)  
1oz parmesan cheese (2,4)



## Pantry

1 bag brown rice rotini pasta (4)\*  
2c quinoa (1,3)  
1c tomato puree (1)\*  
1 can garbanzo beans (1)\*  
1tsp vanilla extract (6)\*  
1 high quality dark chocolate bar or squares (8)



## Veggies

1 head broccoli (3)  
2-4 med to lg zucchini (2)  
(OR sub 1 package zoodles)  
2-3# butternut squash (1)  
(OR 1 bag pre-cut if available)  
1 jalapeño (3)  
1 bag mini sweet peppers (7)  
(multi-colored)  
2 pints cherry tomatoes (4)  
16oz whole baby bella mushrooms (4)  
1 yellow onion (1)  
5oz spinach (2,4)  
5oz mixed greens (5)



## Meats

4 boneless, skinless chicken breasts (2)  
1# grassfed beef sirloin (1)  
(cut into 1" cubes)



## Nuts & Dried Fruits

1c almonds (8)  
1½c walnuts (2,4,6)  
½c pistachios (5)  
¼c dried cherries (6)\*  
¼c medjool dates, ~2 (6)  
¼c dried apricots (1)\*



## Spices

~1T cinnamon (1,6)  
1T cumin (1)  
1T turmeric (1)  
1T paprika (1)



## Seafood

1½# shrimp, peeled, deveined, tails removed (3)



## Oils & Vinegars

~1½c olive oil  
¼c coconut oil (6)  
¼c balsamic vinegar (5)

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



## January Menu, Week 4: Prep Day

**Preheat oven to 375 F. (1,4,7)**



### **Quinoa (1,3)**

Add 4c water & 2c quinoa to large pot. Bring to a boil, turn heat to low. Cover & cook 20-25 min. Cool. [\*] (1,3)



**Mushrooms:** Quarter 16oz baby bella mushrooms, set aside. (4)

**Zucchini:** Slice zucchini into long spaghetti-like strips (best done on a spiralizer or mandolin); chop 2 cloves garlic. [\*] (2)

**Tagine:** Slice 1 yellow onion into long strips. Chop ¼c dried apricots. Peel butternut squash, remove seeds, cut into 1" cubes. (1)

**Peppers:** Chop 3 cloves garlic to equal ~1T and basil to equal ~1T. Set aside separately. (7)

**Jalapeño:** Remove seeds & white veins (include for more heat) from 1 jalapeno. Roughly chop. (3)

**Broccoli:** Cut 1 head broccoli into bite-sized pieces. [\*] (3)



### **Tagine (1)**

Whisk together: 1T cumin + 1T turmeric + 1T paprika + 1tsp cinnamon. Rub spices into 1# beef cubes.

Heat 1tsp oil over med-high heat in a large stockpot. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.

Add ¼c chopped dried apricots + 1c tomato puree + 1c water, cover and place in oven for ~ 1 hour.

Add cubed butternut squash + 1 can garbanzo beans (drained), cover and bake another 1-2 hours. [\*] (1)

To use slow cooker:

Add seasoned beef + onions + cubed butternut squash + ¼c chopped dried apricots + 1c tomato puree + 1c water to slow cooker.

Cook on low for 6-8 hrs, adding garbanzo beans (drained) in last 30 mins. Option to cook on Dish Day. [\*] (1)



### **Pasta (4)**

Toss 2 pints cherry tomatoes & quartered mushrooms w/ 1-2T olive oil + ¼tsp salt. Roast for ~20-25 mins or tender. Cool. [\*] (4)

### **Roasted Mini Peppers (7)**

Toss together 1 bag mini peppers, leaving peppers whole + 2T olive oil + 1T chopped garlic + S&P.

Place on baking sheet and bake for 15 minutes or until caramelized and starts to become golden.

Cool, remove stems and toss with 1T chopped basil. [\*] (7)



### Spinach Pesto (2,4)

Blend the following until smooth:

- 1 garlic clove
- 1c walnuts
- 1oz parmesan cheese
- large handful fresh basil
- 5oz spinach
- ¼c olive oil
- 1T lemon juice (juice of 1 lemon)
- 4T water, or as needed for a smooth consistency

Coat 4 chicken breasts in ½c pesto (~2T/ breast). [\*] (2) Note: if not eating within 48 hours, top chicken on dish day. Store remaining pesto for pasta. [\*] (4)



### Baked Apples (6)

Place in a blender:

- ¼c coconut oil
- ¼c dates, pits removed (~2)
- ¼c dried cherries
- ½c walnuts
- 1tsp vanilla

Blend until roughly chopped.

Cut 4 apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ 1tsp cinnamon. Cover with foil. [\*] (6)

### Shrimp Marinade (3)

Blend the following until roughly combined:

- 1 clove garlic
- 1 roughly chopped jalapeño (no seeds or white part; option to add gradually for heat)
- zest & juice of 1 orange
- large handful fresh cilantro
- ½c olive oil
- 1tsp salt [\*] (3)



### Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½c raspberries
- 2oz feta crumbles
- ¼c pistachios

Repeat layers. [\*] (5)



**Balsamic Vinaigrette:** Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper. [\*] (5)

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



## January Menu, Week 4: Dish Day

### Day 1

#### Beef & Butternut Squash Tagine w/ Quinoa (1)

1. Reheat tagine in 375 F oven, covered for 55-65 min or heated through.
2. Reheat half of quinoa in covered dish in oven, 20-30 mins or heated through.

### Day 2

#### Spinach Pesto Chicken w/ Zucchini Noodles (2)

1. Preheat oven to 375 F. Bake pesto-covered chicken for ~30-35 min or cooked through to 165 F.
2. Heat 1tsp olive oil over med-high heat. Sauté zucchini noodles & garlic for 3-4 minutes or until tender.

### Day 3

#### Orange-Cilantro Shrimp w/ Broccoli & Quinoa (3)

1. Toss broccoli in 1-2T marinade and place 1½# shrimp in remaining marinade.
2. Preheat oven to 425 F. Place broccoli in a single layer on a sheet pan & roast for 15 min or cooked through.
3. Place shrimp in a baking dish, in a single layer, and bake for ~8-10 mins or until pink and cooked through.
4. Reheat ½ of quinoa for ~8 mins on the stove top over med heat w/ 1T water. Stir often to prevent sticking. Add water as needed.

### Day 4

#### Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms (4)

1. Boil large pot of water and cook pasta according to package instructions. Drain pasta and return to pan over low.
2. Toss pasta w/ pesto and roasted tomatoes & mushrooms, heating for 2-3 minutes. Top w/ goat cheese crumbles.

### Salad

#### Mixed Greens w/ Raspberries, Feta & Pistachios (5)

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

### Breakfast

#### Baked Apples w/ Walnuts & Cherries (6)

1. Preheat oven to 375 F. Bake apples, covered, for 30-35 minutes. Remove cover in final 5-10 mins of cooking.

### Snack

#### Roasted Mini Peppers (7)

1. Warm in oven, toaster oven, or microwave and serve. Or option to eat cold from fridge.

### Dessert

#### Dark Chocolate + Almonds (8)

1. Eat 1-2oz dark chocolate with up to ¼c almonds.