



# January Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Balsamic Salmon w/ Roasted Tomato, Carrots & Broccoli
2. Meal 2: Mustard Chicken Legs w/ Brussels & Fingerling Potatoes
3. Meal 3: Steaks w/ Acorn Squash & Asparagus
4. Meal 4: Mushroom, Black Bean & Bison Lettuce Wrap "Tacos" w/ Sweet Potato Wedges
5. Salad: Mixed Greens w/ Cherries, Cucumber, Walnuts & Avocado
6. Breakfast: Mango, Cucumber & Almond Butter Smoothie
7. Snack: Kalamata Olives w/ Grassfed Cheddar and/or Marcona Almonds
8. Dessert: Kiwi



## Veggies

1 head broccoli (1)  
2 pints cherry tomatoes (1)  
4 avocado (4,5)  
4 large carrots (1)  
2 cucumbers (5,6)  
1 bunch asparagus (3)  
1# Brussels sprouts(2)  
2 acorn squash (3)  
16oz sliced mushrooms (4)  
2 large sweet potatoes (4)  
1# fingerling potatoes (2)  
(option: sub w/ 2 Japanese sweet potatoes)  
5oz tub mixed greens (5)  
romaine lettuce for wraps (4)



## Meats

4 bone-in, skin on chicken leg quarters (2)  
4 grassfed steaks, 5-7oz ea (3)  
1-2# ground bison (4)



## Dairy (optional)

4oz grassfed cheddar (7)



## Pantry

½c almond butter (6)\*  
(OR sunflower seed butter)  
1 can black beans, optional (4)  
1 jar grainy mustard (2)\*  
2c Kalamata olives (7)



## Fish

4 salmon fillets, 4-6oz ea (1)



## Nuts & Dried Fruits

½c dried cherries (5)\*  
½c walnuts, optional (5)  
1c Marcona almonds, optional (7)



## Spices

1T dried dill (1)  
2-3T steak seasoning (3)\*  
1-2T taco seasoning (4)\*  
(or chili powder)



## Fruit

8 kiwi fruit (8)



## Frozen

1c frozen mango cubes (6)



## Oils & Vinegars

~1 ½c olive oil  
½c balsamic vinegar (1,5)

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



# January Menu, Super Fast: Prep Day (1 hour!)



**Cucumber:** Cut 2 cucumbers into small 1/2" dice. Set half aside 1/2 cup for salad (5). Store remaining for smoothie (6). [\*] (5,6)

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

**Acorn Squash:** Cut 2 squash in half, remove & discard seeds. Rub each half w/ ~1/2tsp olive oil & S&P. [\*] (3)

**Sweet Potato:** Cut 2 large sweet potatoes into 1/2" thick "fries." Toss w/ 1-2T olive oil, S&P. [\*] (4)

**Broccoli & Carrots:** Chop 1 broccoli head in ~2" pieces. Chop 4 large carrots into 1" pieces. Toss together with 2 pints tomatoes + 3T olive oil + 1T dried dill + S&P. [\*] (1)

**Cheese:** Cut 4oz cheese into cubes for snacking, optional [\*] (7)



## "Tacos"

In large sauté pan, add 1-2# ground bison, heat over medium-high, breaking apart meat. Add 10oz sliced mushrooms & 1 can drained black beans (optional). Heat 8-10 minutes or until bison is cooked through. Season w/ 1-2T taco seasoning (or chili powder) and S&P. [\*] (4)



## Salad (5)

Layer in container as follows:

- 1/2 tub mixed greens
- 1/2 chopped cucumber
- 1/4c chopped walnuts (optional)
- 1/4c dried cherries

Repeat layers [\*] (5)

**Brussels & Potatoes:** Toss 1# Brussels sprouts w/ 1# fingerling potatoes w/ 2-3T olive oil, S&P. [\*] (2)

**Chicken:** Place 4 chicken leg quarters in a container and cover with 1 jar grainy mustard. [\*] (2)

**Steak:** Season each steak w/ up to 1-2tsp steak seasoning. Add S&P if not already in steak seasoning. [\*] (3)



**Balsamic Dressing/ Marinade:** Whisk together: 1c olive oil + 1/2c balsamic vinegar. [\*] (1,5)

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



# January Menu, Super Fast: Dish Day

## Day 1

### **Balsamic Salmon w/ Roasted Tomato, Carrots & Broccoli (1)**

1. Preheat oven to 425 F.
2. Marinate salmon in  $\frac{3}{4}$ c balsamic vinaigrette/ marinade for 30 min. (reserve remaining vinaigrette to use as salad dressing, 5).
3. Place veggies in a single layer on a baking sheet and roast for 30-35 min, removing and tossing halfway through.
4. Bake salmon for 16-18 minutes or just cooked through and flaky.

## Day 2

### **Mustard Chicken Legs w/ Brussels & Fingerling Potatoes (2)**

1. Preheat oven to 425 F.
2. Place chicken quaters in a single layer on a baking sheet & roast for ~40-45 minutes or until internal temperature reaches 165 F.
3. Place Brussels sprouts & potatoes in a single layer on an additional baking sheet and roast 30-40 min (depending on size).

## Day 3

### **Steaks w/ Acorn Squash & Asparagus (3)**

1. Preheat oven to 425 F.
2. Cook acorn squash, flesh-side up & covered (leave small gap for steam to escape), for 40-60 minutes or until a knife easily inserts and flesh is soft. Note: if you wish, remove the cover for last 10-15 minutes of roasting.
3. Place asparagus in a single layer on a baking sheet & roast for 10-12 minutes.
4. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
5. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

## Day 4

### **Mushroom, Black Bean & Bison Lettuce Wrap "Tacos" w/ Sweet Potato Wedges (4)**

1. Preheat oven 425 F.
2. Roast sweet potato wedges for 30-40 minutes or until slightly browned. Remove and toss halfway through cooking.
3. Heat mushroom, black bean & bison mixture in a large sauté pan over med-high heat for 4-6 minutes. Slice 2 avocados.
4. Serve filling in romaine lettuce wraps & top w/ avocado slices.

## Salad

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

1. Dice 1-2 avocados and add to salad. Shake balsamic vinaigrette well & drizzle over salad.

## Breakfast

### **Mango, Cucumber & Almond Butter Smoothie (6)**

1. Place the following in a blender:
  - $\frac{1}{2}$ c water
  - 1c frozen mango cubes
  - $\frac{1}{2}$ c diced cucumber
  - 1-2T almond butter (optional)
2. Blend on high until smooth. Option to add more water if needed.

## Snack

### **Kalamata Olives w/ Grassfed Cheddar and/or Marcona Almonds (7)**

## Dessert

### **Kiwi**

1. Cut Kiwi in half and use spoon to scoop out flesh.