



February Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Ginger-Lime Salmon Pouches w/ Red Pepper & Sweet Potato Soup
2. Meal 2: Oriental Cashew Chicken w/ Rice Noodles
3. Meal 3: Roasted Pork w/ Apples & Rutabaga
4. Meal 4: Slow Cooker Classic Beef & Root Veggie Stew
5. Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese
6. Breakfast: Peanut Butter & Cherry Breakfast Cookies
7. Snack: Plantain Chips w/ Avocado
8. Dessert: Gluten Free Cookie Dough Bites



Herbs

1 bulb garlic (1,2,4)
~3" knob ginger (1,2)



Fruits

1 pint blueberries (5)
2 medium apples (3)
(like gala or granny smith)
1 lemon (3)
3-4 limes (1,7)



Dairy (optional)

4oz goat cheese crumbles (5)
3T grass-fed butter (3)



Pantry

14.5oz can diced tomato (4)*
1 package of rice noodles (2)
3T tamari (2)*
4c vegetable broth (1)*
4-6c beef broth (4)*
1 bag plantain chips (7)
1c peanut butter (6)*
1tsp vanilla extract (8)*
¼c maple syrup (8)
2c almond flour (8)
¼c mini chocolate chips (8)
parchment paper or bags (1)
1c red wine (4)



Veggies

3 stalks celery (4)
2 large carrots (4)
1 bunch green onions (2)
1 large rutabaga, ~2# (3)
(OR sub radishes or potatoes)
2 red bell peppers (1)
2 avocados (7)
2 parsnips, ~¼# (4)
2 large yellow onions (1,4)
2 sweet potatoes, ~1# (1)
2 small red potatoes, ~¼# (4)
5oz baby spinach (5)



Meats

1½# grassfed beef stew meat (4)
6 boneless, skinless chicken thighs, ~1# (2)
1# boneless pork chops, ~¾" thick (3)



Nuts & Dry Fruit

½c sliced almonds (5)
1c medjool dates, ~8 (6)
½c dried cherries (6)*
½c toasted cashews (2)



Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)
2T apple cider vinegar (3)
¼c coconut oil (8)
1T rice vinegar (2)
1T toasted sesame oil (2)



Spices

1T sesame seeds (2)
¼tsp chipotle or ancho chili powder (1)
(OR sub w/ 1T chili powder*)
3T Italian seasoning (4)*
½tsp dried rosemary (3)
Pinch of red pepper flakes, optional (2)



Eggs

1 egg (omega-3) (6)



Seafood

4 salmon fillets, 4-6oz ea. (1)
(OR sub w/ seabass or tilapia)

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



February Menu, Week 1: Prep Day

Preheat oven to 325 F. (6)



Sweet Potato Soup: Roughly chop 2 sweet potatoes (keep separate), 2 red bell peppers, 3 garlic cloves & 1 yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2-3"). (1)

Salmon: Thinly slice 2 limes. Grate a 2" knob ginger for ~1T. (1)

Oriental Chicken: Mince 3 cloves garlic and grate 1tsp ginger. Slice 2 green onions, separating white and green sections.

Set aside whites, garlic & ginger (2). Store green section for Dish Day. [*] (2) Note: use remaining green onion to top salmon or stew.

Rutabaga/ Apples: Peel & cut rutabaga into 1" cubes. Cut 2 apples into 1" slices. Sprinkle both w/ lemon juice so no oxidation. [*] (3)

Stew: Chop 2 carrots, 3 stalks celery, 2 parsnips, and 1 yellow onion. Finely chop 2 garlic cloves. [*] (4)

Note: Extra carrots & parsnips? Dice into 1" coins, toss w/ 1T olive oil S&P & roast at 375 F for ~30 min. Great for a side or snack!

Stew Meat: Cut 1½# beef stew meat into 1" cubes if not pre-cut. Set aside. (4)

Chicken: Cut the chicken thighs into strips, ~1" thick. [*] (2)



Sweet Potato Soup: In a large soup pot heat 1tsp olive oil + 1 chopped onion + 3 chopped garlic cloves + 2 chopped red bell peppers, cook over medium high for 10 minutes. Add 2 chopped sweet potatoes and cook 5 more minutes. Add 4c vegetable broth, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Allow to cool. (1)



Oriental Chicken Sauce (2)

Heat 1T olive oil in a sauce pan over low heat. Add 3 cloves minced garlic, 1tsp grated ginger and sliced white part of green onions. Cook over low heat for 3-5 min. Add 3T tamari, 1T rice vinegar, and ½c toasted cashews. Cook for 2-3 more minutes. Store. [*] (2)



PB Cookies (6)

Place 1 egg & 1c pitted medjool dates (~8) in a blender or food processor. Blend until smooth (3-4 minutes).

Add in 1c peanut butter, blending until mixed through. Stir in ½c dried cherries.

Drop by spoonfuls (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.

Bake in 325 F oven for ~15 minutes. [*] (6)



Cookie Dough Bites (8)

Whisk together: ¼c coconut oil (melted) + ¼c maple syrup + 1tsp vanilla

Gently stir in: 2c almond flour + ¼c mini chocolate chips

Roll into 1T sized balls. Yields 16. Store in fridge. [*] (8)

Option: Drizzle with melted chocolate.



Sweet Potato Soup (1) (blend in 2-3 batches as necessary)

Place cooked and cooled veggies into blender with ¼tsp salt. Blend until smooth adding water as needed.

Add salt + ¼tsp chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1T chili powder). [*] (1)



Side Salad (5):

In a container layer the following (option to store in the salad tub):

- ½ of spinach
- ¼c sliced almonds
- ½ pint blueberries
- 2oz goat cheese crumbles

Repeat layers. [*] (5)

Salmon (1): **If not eating this dish within 24 hours, please wait on prepping this until Dish Day.**

Place each salmon fillet on a separate ~8" square parchment paper.

Spread 1T grated ginger & sprinkle salt evenly over all 4 fillets.

Top each fillet with a single layer of thinly sliced limes (~3 slices/ salmon). Fold over parchment to make "pouches". [*] (1)

See instructions for folding pouches at <http://www.prepdish.com/salmonpouch/>

Beef Stew (4)

Combine:

- 1 can diced tomatoes
- 1c red wine (can sub beef broth or water)
- 1c water (can sub beef broth)
- 3T Italian seasoning

Toss all together w/ 1½# beef stew meat + S&P. [*] (4)



Balsamic Vinaigrette (5)

Whisk together:

½c olive oil + ¼c balsamic vinegar + pepper. [*] (5)

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



February Menu, Week 1: Dish Day

Day 1

Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup (1)

1. Preheat oven to 400 F. Bake salmon for 16-18 minute or just cooked through/ flaky. Note: remove lime slices, do not eat.
2. Heat soup on stove top until heated through.

Day 2

Oriental Cashew Chicken w/ Rice Noodles (2)

1. In lg saute pan, combine oriental sauce & sliced chicken thighs. Cook over med-high heat until chicken is cooked, ~5-8 mins.
2. In another pan, cook rice noodles as directed.
3. Divide chicken mixture over rice noodles and sprinkle w/ sesame seeds and sliced green onion (green part).
4. Top with 1T toasted sesame seed oil and pinch of red pepper flakes, optional.

Day 3

Roasted Pork w/ Apples & Rutabaga (3)

1. Preheat oven to 375 F. In an oven safe skillet or dutch oven melt 3T butter or olive oil over high heat.
2. Season pork chops with S&P, and cook for 1-2 minutes/ side.
3. Add 2T apple cider vinegar to pan & place cubed rutabaga on top of pork. Season w/ S&P.
4. Top with sliced apples & ½tsp rosemary.
5. Cook covered for 30 minutes. Remove cover and cook for an additional 15 minutes.

Day 4

Slow Cooker Classic Beef & Root Veggie Stew (4)

1. Place chopped stew veggies + ¼# mini red potatoes (cut in ½ if larger than a ping pong ball) + seasoned stew meat + 4c beef broth in a slow cooker.
2. Cook on low for ~8-10 hours or high for 4-6 hours.

Salad

Spinach w/ Blueberries, Sliced Almonds & Goat Cheese (5)

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

Breakfast

Peanut Butter & Cherry Breakfast Cookies (6)

Snack

Plantain Chips w/ Avocado (7)

1. Slice 2 avocados (½ avocado per serving), sprinkle with lime juice & salt. Serve w/ plantain chips.

Dessert

Gluten Free Cookie Dough Bites (8)