



February Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice
2. Meal 2: Sausage, White Bean, Potato & Chard Soup
3. Meal 3: Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice
4. Meal 4: Turkey & Zucchini Lasagna
5. Salad: Grapefruit & Avocado Salad
6. Breakfast: Oatmeal w/ PB & Bananas
7. Snack: Bell Pepper Slices w/ Peanut Dipping Sauce
8. Dessert: PB-Cocoa Oatmeal Cookies



Herbs

2 bunches basil (1,4)
1 bunch dill (1)
1 bulb garlic (1,2,4)
~2" knob ginger (3,7)



Fruits

1 lime (3,7)
2 large grapefruit (5)
1 bunch bananas (6)



Dairy (optional)

32oz organic Greek yogurt (4)
5oz shredded parmesan (4)
(or more for soup, 2)
4oz crumbled feta (1)



Pantry

Brown rice lasagna noodles (4)
4c gluten-free oatmeal (6,8)
(quick-cooking preferred, no steel-cut)
2c brown rice (1,3)
15oz can cannellini beans (2)*
(OR 2 cans if omitting dairy from lasagna, 4)
2x ~24oz tomato sauce (1,4)*
4c chicken broth (2)*
~1/2c unsweetened cocoa powder (6,8)
~3/4c honey (3,5,7,8)
~1 1/4c peanut butter (3,6,7,8)*
14oz can lite coconut milk (3,7,8)
1tsp low-sodium tamari (3,7)
2tsp red curry paste (3,7)*
1tsp vanilla (8)*



Veggies

1 carrot (2)
1 bunch Swiss chard (2)
2 zucchini (~1/2#)(4)
1 head broccoli (3)
1 avocado (5)
4 bell peppers (7)
(variety of colors)
8oz sliced mushrooms (1)
1# Yukon gold potatoes
(~2 med potatoes) (2)
1 yellow onion (1,2,4)
5oz mixed greens (5)



Meats

1/2# raw chicken sausage (2)*
4 boneless, skinless chicken breasts (3)
1# ground turkey, 85% lean (4)



Nuts

1/2c sliced almonds (5)



Seafood

1-1 1/2# shrimp (1)
(peeled & deveined)



Oils & Vinegars

~1/2c olive oil
1/4c coconut oil (8)
2T toasted sesame oil (3)
2T champagne vinegar (5)



Spices

~1tsp cinnamon (6,8)
3T Italian seasoning (2,4)*
1-2tsp chili flakes, optional (3)

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



February Menu, Week 2: Prep Day



Rice: Place 4c water + 2c brown rice in a pan and bring to a boil, lower heat to low, cover with a lid and cook 30-45 min. [*] (1,3)
Oats: Bring 4c water to a boil add 2c oats reduce to low, 10-20 min, stir occasionally. Option: increase for more servings. [*] (6)



Soup: Finely chop 1 carrot, 1# potatoes & chard stems, set aside. (2) Finely chop chard leaves. Set aside, separately from stems. (2)
Onion: Finely chop 1 yellow onion, reserving ½ for tomato sauces (1,4) & ½ for soup, set aside. (2) (1,2,4)
Garlic: Finely chop 4-6 cloves of garlic (~1-2T), set aside. (1,2,4)
Zucchini: Thinly slice 2 zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. (4)
Herbs: Finely chop 2 bunches basil, ½ for shrimp (1) & ½ for lasagna (4), set aside. Finely chop dill (~2-3T). (1)



Tomato Sauce, Shrimp (1)

In lg sauté pan over med-high heat, add 2-3tsp olive oil + ¼ chopped onion + 1tsp chopped garlic + 8oz sliced mushrooms. Sauté 10 min, cool. Add ~24 oz tomato sauce, ½ of chopped basil, ~2-3T chopped dill, and 2oz crumbled feta (optional). Place in dish, top w/ 1-1½# shrimp, 2oz feta (optional), S&P. [*] (1)

Tomato Sauce, Lasagna (4)

In lg sauté pan over med-high heat, cook 1# ground turkey + ¼ chpd onion + 1T Italian seasoning + 1tsp chpd garlic for ~12 min. Stir in ~24oz tomato sauce, remove from heat, allowing to cool. (4)



Soup: Heat 1tsp olive oil in large pot over med-high heat. Add sausage (breaking apart), remaining garlic & chopped veggies (½ onion, 1# potatoes, 1 carrot & chard stems), cook for 10min. Add 4c chicken broth + 4c water + 2T Italian seasoning, simmer for 20-30min, stirring occasionally. Add chopped chard leaves & 15oz cannellini beans (drained & rinsed), simmer 5-10minutes. Season w/ S&P. Cool. [*] (2)



Lasagna (4)

Stir together the following for the "white layer":

32oz yogurt + ½ of chopped basil + 1c shredded parm

Option: omit white layer or replace w/ 1 can Cannellini beans, pureed until smooth. Add ½ chopped basil bunch.

Assemble lasagna by layering in a 9x13" pan:

- ½ of turkey-tomato sauce
- a layer of brown rice lasagna noodles (uncooked is fine)
- ¾ of "white layer"
- zucchini "noodles"
- remaining ½ of turkey-tomato sauce

Dot w/ remaining white layer & top w/ ½c parmesan and remaining chopped basil (optional). Cover w/ foil. [*] (4)



Grapefruit: Remove peel (and white outer membrane). Cut in bite-sized pieces, reserve 2T grapefruit juice, set aside. (5)

Bell Pepper: Slice 4 bell peppers into strips (for snacking). [*] (7)

Broccoli: Chop broccoli into bite-sized pieces, toss w/ 2T toasted sesame oil + 1-2tsp red chili flakes (optional), S&P. [*] (3)



Cookies (8)

In a med pot over med heat, cook until just bubbly: $\frac{1}{2}$ c honey + $\frac{1}{4}$ c coconut oil + $\frac{1}{4}$ c lite coconut milk + $\frac{1}{4}$ c cocoa powder
Let bubble on low for ~1 min, stirring constantly. Remove from heat and stir in 1tsp vanilla + $\frac{1}{4}$ c peanut butter + $\frac{1}{2}$ tsp cinnamon.
Stir in 2c oats. Drop by tablespoon full onto parchment paper or foil. Allow to cool. Yields ~20 cookies. [*] (8)



Peanut Dipping Sauce (3,7)

In a blender combine:

- $\frac{3}{4}$ c lite coconut milk (option: reserve remaining to stir into oatmeal at breakfast)
- $\frac{1}{2}$ c peanut butter
- 2" fresh ginger, peeled, roughly chopped
- 2tsp red curry paste (adjust according to desired heat)
- 1tsp honey
- 2tsp lime juice (~juice of 1 lime)
- 1tsp low-sodium tamari [*] (3,7)



Salad (5)

Layer in container as follows:

- $\frac{1}{2}$ mixed greens
- $\frac{1}{2}$ chopped grapefruit
- $\frac{1}{4}$ c sliced almonds

Repeat layers. [*] (5)



Vinaigrette (5)

Whisk together:

- 2T olive oil
- 2T reserved grapefruit juice
- 1T honey
- 2T champagne vinegar [*] (5)

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



February Menu, Week 2: Dish Day

Day 1

Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice (1)

1. Preheat oven to 450 F. Note: If shrimp has excess liquid, be sure to drain off before baking (esp w/ previously frozen shrimp).
2. Bake shrimp in tomato sauce, covered, for ~40 min.
3. Remove cover, bake 5-10 min, until shrimp change from translucent to a white color. Allow to cool.
4. Reheat ½ of brown rice in 450 F oven (reserve ½ of brown rice for meal #3) covered for ~1 hr, adding up to ¼c water if needed.

Day 2

Sausage, White Bean, Potato & Chard Soup (2) (freezes well)

1. Heat soup over low-med heat until bubbly and heated through (20-30 min), stirring occasionally. Option to top w/ parmesan.

Day 3

Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice (3)

1. Preheat oven to 425 F. Reheat remaining brown rice, covered, for ~1hr, adding up to ¼c water if needed.
2. Brush 4 chicken breasts w/ olive oil. Roast for 30-40 mins until cooked to 165F. (Option to cook on same sheet pan as broccoli.)
3. Place broccoli on sheet pan in a single layer. Roast for ~30-35min, tossing halfway through.
4. Serve w/ almond dipping sauce (reserving ½ of sauce for snack).

Day 4

Turkey & Zucchini Lasagna (4)

1. Preheat oven to 400 F and bake lasagna, covered, for 50 min to 1 hr or until bubbly/ heated through. Allow to cool ~10 min.

Salad

Grapefruit & Avocado Salad (5)

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

Breakfast

Oatmeal w/ PB & Bananas (6)

1. Per serving, heat 1-2c cooked oatmeal in microwave for 2-3 mins. Add ~2T peanut butter & 1 sliced banana.
2. Option to add coconut milk, sprinkle of cinnamon or 1-2T cocoa powder.

Snack

Bell Pepper Slices w/ Peanut Dipping Sauce (7)

Dessert

PB-Cocoa Oatmeal Cookies (8)