



February Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies
2. Meal 2: Cauliflower Chowder
3. Meal 3: Slow Cooker Curried Short Ribs w/ Polenta
4. Meal 4: Turkey Taco Soup
5. Salad: Classic Side Salad
6. Breakfast: Pear Muffins
7. Snack: Olives & Cheese
8. Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts



Herbs

1 bulb garlic (2,4)



Fruits

4 pears, soft (6)



Dairy (optional)

Greek yogurt and/or shredded cheese for soup garnish (4)
4oz grassfed mozzarella (7)
(OR cheese of choice)



Pantry

1 can lite coconut milk (3)
4 cans full fat coconut milk (2,8)
¼c low-sodium tamari (3)
3T red curry paste (3)*
1 can black beans (4)*
1 can red beans (4)*
1 jar kalamata olives (7)
2c tomato puree (4)*
4c chicken broth (4)*
2c vegetable broth (2)*
½c maple syrup (6)
~½c honey (5,8)
3c almond flour (6)
1c medium grind cornmeal (3)
1½tsp baking soda (6)
1½tsp baking powder (6)
~1½T vanilla extract (6,8)
muffin liners (6)



Veggies

2-4 avocados, optional (4,5)
1# carrots (1,2)
1 bunch celery (2)
2 parsnips (1)
1 bulb fennel (1)
1 head cauliflower (2)
1 sm cucumber (5)
1 pint cherry tomatoes (5)
1 corn cob (4)
(OR ½c frozen corn kernels)
1 jalapeño (4)
2 red bell peppers (2,4)
4 yellow onions (2,3,4)
5oz mixed greens (5)



Meats

4 chicken leg quarters (1)
(OR chicken breasts)
¾# ground turkey, ~93% lean (4)
2# grassfed beef short ribs (3)
4 slices bacon (2)*



Nuts & Dry Fruit

½c walnuts, optional (8)



Oils & Vinegars

~1c olive oil
¼c red wine vinegar (5)
1T apple cider vinegar (3)
1T sherry vinegar (2)



Spices

1T pumpkin pie spice (6)
2T Italian seasoning (1,5)*
2T taco seasoning (4)*
2T smoked paprika (1)
2tsp cinnamon (8)

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



February Menu, Week 3: Prep Day

Preheat oven to 350 F. (6)



Pears: Finely dice 2 pears, set aside; roughly chop 2 pears (these 2 will be pureed), set aside. (6)

Salad: Chop 1 cucumber into bite-sized pieces. Halve 1 pint cherry tomatoes. Set both aside. (5)

Taco Soup: Finely chop 1 yellow onion, 1½ red bell peppers, 2 cloves garlic, 1 jalapeño (discard seeds) & cut corn from 1 cob. Set aside corn separately. (4)

Bell Pepper: Dice remaining ½ red bell pepper. [*] (2)

Root Veggies: Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard green fronds. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1)

Cheese: Chop 4oz of mozzarella into cubes for snacking. [*] (7)

Onions: Roughly chop 2 yellow onions. [*] (3)

Chowder: Dice 1 onion, 2 stalks celery & 2 carrots. Mince 3 garlic cloves. Roughly chop 1 head cauliflower. Set aside (2)

Note: slice any remaining carrots & celery into sticks for snacking

Bacon: Dice 4 slices bacon. Set aside. (2)



Taco Soup (4)

In lg soup pot over med-high heat, add: 1tsp olive oil + chpd veggies (1 yellow onion + 1 bell pepper + 2 garlic cloves + 1 jalapeño).

Cook veggies for ~5 minutes, Add ¾# ground turkey + 2T taco seasoning, crumbling meat & cooking additional 10 mins.

Add 2c tomato puree + 4c chicken broth, turn to low, cook 30min. Add 1 can drained black & red beans + corn, cook 10 min. [*] (4)

Cauliflower Chowder (2)

In a large stock pot over medium heat, add 4 slices diced bacon and cook until brown and crispy. Store until Dish Day. [*] (2)

To same pot, add diced veg (1 onion, 2 carrots & 2 celery) + 3 minced garlic cloves to bacon fat. Stir occasionally until tender.

Add in 1 head chopped cauliflower and cook until barely tender, ~3-4 mins. Add 1T sherry vinegar and let cook off a bit.

Add 2c veggie broth, bring to a boil. Add 1 can full fat coconut milk & simmer until cauliflower is tender. S&P to taste. Cool. [*] (2)

*Option: for a smoother texture, puree some (or all) of the soup using immersion blender before storing.



Pear Spice Muffins (6)

Stir together in large bowl:

- 3c almond flour
- 1½tsp baking soda
- 1½tsp baking powder
- 1T pumpkin pie spice

In blender, puree together:

- 4 eggs
- ½c maple syrup (or brown sugar)
- 1tsp vanilla extract
- 2 pears, roughly chopped

Add wet ingredients to dry and stir in 2 diced pears.

Place muffin liners in muffin tin. Fill ¾ full and bake at 350 F for 32-38 minutes or until tops spring back when pressed.

Yields 20-22 muffins. [*] (6)



Polenta (3)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add ½tsp salt, reduce heat to low & continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (3)



Chicken Marinade: Whisk together: ¼c olive oil + 2T smoked paprika + 1tsp salt. Add 4 chicken quarters, cover completely. [*] (1)

Curry Sauce: Whisk together: 1 can lite coconut milk + 3T red curry paste + ¼c tamari + 1T apple cider vinegar. [*] (3)

Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½ chopped cucumber
- ½ pint cherry tomato halves

Repeat layers. [*] (5)



Ice Cream (8)

Place the following in a blender:

- 3 cans full fat coconut milk
- ½c honey
- 1T vanilla extract
- 2tsp cinnamon
- ½c walnuts (optional)

Blend until combined and walnuts are chopped. [*] (8)

Place ice cream maker bowl in the freezer- it can take up to 24 hours to freeze.

(Mixture is now ready for the ice cream maker, but plan to store in the fridge until ready to make the ice cream)

Note: if you don't have an ice cream maker, freeze the above mixture in popsicle molds.



Italian Vinaigrette (5)

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- 1T honey (optional)
- 1T Italian seasoning
- S&P to taste. [*] (5)

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



February Menu, Week 3: Dish Day

Day 1

Paprika Roasted Chicken w/ Trio of Roasted Veggies (1)

1. Preheat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F).

Day 2

Cauliflower Chowder (2)

1. Heat soup in a large pot on stove top until heated through, stirring occasionally.
2. Serve with garnish of bacon and diced red bell pepper.

Day 3

Slow Cooker Curried Short Ribs w/ Polenta (3)

1. In slow cooker, place chopped onion, 2# short ribs & curry sauce. Cook over low for 10-12 hours (or high for 5-6 hrs).
 2. Warm polenta in oven, covered, ~30-40 minutes.
- Note: To cook in oven, place sauce & ribs in a 9x13 pan topped with foil or in a dutch oven at 325 F for 2-3 hours.

Day 4

Turkey Taco Soup (4)

1. Reheat on stovetop, on low, until bubbly & heated through, stirring occasionally.
2. Dice 1-2 avocados. Top soup with diced avocado, Greek yogurt and/or shredded cheese as desired.

Salad

Classic Side Salad (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving).
2. Option: dice 1-2 avocados, add to salad.

Breakfast

Pear Muffins (6)

Snack

Olives & Cheese (7)

Dessert

Cinnamon Honey Coconut "Ice Cream" w/ Walnuts (8)

1. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately.
2. If ice cream is frozen prior to eating, let it set on counter for 5-10 min before serving, allowing to soften.