



February Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Beef Stir Fry w/ Broccoli & Sesame Quinoa
2. Meal 2: Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf
3. Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples
4. Meal 4: Pinto Bean, Kale & Sweet Potato Soup
5. Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese
6. Breakfast: Sweet Potato Bird's Nests
7. Snack: Pear w/ Sunflower Seed Butter
8. Dessert: Strawberries & Dark Chocolate



Herbs

1 bulb garlic (1,4)
 ~3" ginger knob (1)
 1 bunch fresh cilantro (2)
 1 bunch fresh parsley (3)



Veggies

1-2 avocados (2)
 1 head purple cabbage (3)
 1 bunch kale (4)
 1 pint cherry tomatoes (2)
 1 bunch broccoli (1)
 3 baby portobello mushrooms (6)
 1 yellow onion (4,6)
 2 large sweet potatoes (4,6)
 (OR 1 sweet potato + 1 bag spiralized sweet potatoes)
 5oz mixed greens (5)



Eggs

8 eggs (omega-3) (6)



Fruits

2 pints strawberries (5,8)
 2 granny smith apples (3)
 4 pears (7)
 2 lemons (3)
 2-3 limes (2)



Meats

1# grassfed beef stir fry meat (cut into thin strips) (1)
 4-8 thin-cut, bone-in pork chops (3)
 12oz ground breakfast sausage (6)*



Seafood

4 Chilean sea bass fillets (2)
 (OR sub salmon)



Dairy (optional)

4oz goat cheese crumbles (5)
 1tsp butter or ghee (3)



Nuts & Dry Fruit

½c chopped pecans (5)
 ½c pumpkin seeds (2)



Oils & Vinegars

~1½c olive oil
 3T toasted sesame oil (1)
 ¼c balsamic vinegar (5)
 1tsp apple cider vinegar, optional (3)



Pantry

2c quinoa (1,2)
 ½c sunflower seed butter (7)
 1 can pinto beans (4)*
 1 can black beans (2)*
 ¼c low-sodium tamari (1)*
 4c vegetable broth (4)*
 1 bar dark chocolate (8)*



Spices

~3T chili powder (2,4)*
 1T cumin (4)
 ~1tsp ancho chili powder, optional (4)
 red chili flakes, optional (1)



February Menu, Week 4: Prep Day

Preheat oven to 350 F. (6 - optional)



Strawberries: Slice 1 pint of strawberries into bite-sized pieces. Set aside. (5)

Apples: Chop 2 granny smith apples into bite-sized pieces, set aside. (3)

Sweet Potato: Finely chop 1 sweet potato into small bite-sized pieces for soup. (4)

Sweet Potato: With a spiralizer, spiralize 1 large sweet potato. If not using spiralizer, bake instead by wrapping in foil and baking in 350 F oven for 1-1.5 hr or until knife inserts easily. Remove from oven and cool. [*] (6)

Yellow Onion: Finely chop 1 onion. Store 2T for breakfast [*] (6). Set aside rest for soup (4). (4,6)

Kale: Remove leaves from stems & finely chop both stems and leaves separately. Set aside stems w/onion and leaves separately. (4)

Mushrooms: Dice 3 mushrooms. Store w/ 2T onion. [*] (6)

Pilaf: Quarter 1 pint cherry tomatoes and chop cilantro for ~2T. Set aside. (2)

Cabbage: Chop cabbage into thin 2" strips (can also use a food processor attachment for this), set aside. (3)

Garlic: Finely chop 6 garlic cloves, set aside ½ for soup (4) & half for stir fry (1). (1,4)

Ginger: Grate ginger to equal ~2T, set aside. (1)

Broccoli: Chop into small bite-sized pieces. [*] (1)



Soup (4)

In a large soup pot heat 1tsp olive oil over med-high heat.

Add: 2T chili powder + 1T cumin + 1tsp ancho powder (adjust for heat preference) + chopped veggies (garlic cloves, sweet potatoes, kale stems and chopped yellow onion).

Sauté for 8-10 min. Add 4c low-sodium vegetable broth + 4c water.

Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes. Add 1 can pinto beans (drained).

Season to taste with S&P and additional ancho powder as desired. Allow to cool. [*] (4)

Quinoa (1,2)

Add 4c water + 2c quinoa to large pot. Bring to a boil, turn heat to low. Cook 20-25 min. Set aside to cool. (1,2)



Sautéed Cabbage & Apples (3):

Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)

Sweet Potato Nests: In a large skillet, brown 12oz ground breakfast sausage. Cool & store. [*] (6)



Lemon Parsley Marinade (3)

Blend the following until the parsley is chopped:

- juice of 2 lemons
- ½c olive oil
- large handful fresh parsley
- 1tsp salt [*] (3)



Mexican Quinoa Pilaf (2)

In large bowl toss together the following:

- 3c cooked quinoa
- chopped cherry tomatoes
- 1 can black beans, drained/ rinsed
- ½c pumpkin seeds
- ~2T cilantro
- juice of 1-2 limes
- ¼c olive oil

Season w/ S&P if needed. [*] (2)

Sesame Quinoa (1): Toss remaining cooked quinoa (~3c) w/ 2T toasted sesame oil. [*] (1)

Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½ sliced strawberries
- ¼c chopped pecans
- 2oz goat cheese

Repeat layers. [*] (5)



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

Chili Sea Bass Marinade (2)

In a bowl whisk together: 2T olive oil + 2tsp chili powder + 1tsp salt

Evenly spread over sea bass. [*] (2)

Stir Fry Sauce (1)

Whisk together: ¼c low-sodium tamari + 1T toasted sesame oil + 2T fresh grated ginger + remaining chopped garlic (~2-3 cloves).

Pour over 1# sliced stir fry beef. [*] (1)

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



February Menu, Week 4: Dish Day

Day 1

Beef Stir Fry w/ Broccoli & Sesame Quinoa (1)

1. Heat sesame quinoa, covered, in 350 F oven for 30-40 min (option to reheat in microwave).
2. Heat 1tsp oil in large sauté pan or wok over medium-high heat.
3. Cook broccoli 10 min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.
4. Option to top stir fry w/ red chili flakes as desired. Serve immediately over quinoa.

Day 2

Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf (2)

1. Preheat oven to 425 F. Place fish in baking pan & roast for 20-22 minutes or cooked through/ flaky.
2. Mash 1-2 avocados and season w/ lime juice, S&P. Serve fish w/ mashed avocado & quinoa pilaf on side.

Day 3

Lemon-Parsley Pork Chops w/ Cabbage & Apples (3) *marinate pork in fridge 1 hour up to 24 hours*

1. Preheat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for 12-15 minutes or until 150 F internal temp.
3. Reheat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

Day 4

Pinto Bean, Kale & Sweet Potato Soup (4)

1. Reheat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Salad

Mixed Greens w/ Strawberries, Pecans & Goat Cheese (5)

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

Breakfast

Sweet Potato Bird's Nests (6)

1. Preheat oven to 350. Grease or line 8 cups of a muffin pan.
2. Place spiralized sweet potato, evenly, into muffin tins until they are about halfway full.
3. Crack 1 egg and place on top of spiralized sweet potato. Top w/ ground sausage, 2T chopped yellow onion & diced mushrooms.
4. Sprinkle with S&P, cover with foil and bake for 15 mins.
5. Remove foil & cook for ~5 mins to crisp sweet potato if desired.

*Note: If you do not have a spiralizer and chose to make mashed sweet potatoes, serve sweet potatoes on side. The egg cups will require less time to bake as well since they will not have sweet potato on the bottom.

Snack

Pear w/ Sunflower Seed Butter (7)

1. Use an apple slicer (or knife) to slice pear. 1 serving = 1 pear + 1-2T sunflower seed butter.

Dessert

Strawberries & Dark Chocolate (8)