



March Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower
2. Meal 2: Apricot-Glazed Chicken Thighs w/ Green Beans & Sweet Potatoes
3. Meal 3: Grassfed Beef & Mushroom Spaghetti
4. Meal 4: Sausage, Shrimp & Veggie Gumbo
5. Salad: Mixed Greens w/ Raspberry, Feta & Pistachios
6. Breakfast: Asparagus, Mushroom & Goat Cheese Frittata
7. Snack: Baba Ganoush w/ Carrots
8. Dessert: Cherry Parfaits



Herbs

1 bunch cilantro (2)
~2" ginger knob (1)
1 bulb garlic (2,4,7)



Fruits

1 pint raspberries (5)
1 lemon (7)



Dairy (optional)

4oz goat cheese crumbles (6)
4oz feta crumbles (5)
32oz organic greek yogurt (8)
(OR yogurt of choice)



Pantry

½c apricot preserves (2)
~4c chicken broth (4)*
32oz tomato sauce (3)*
1 pkg gluten free spaghetti (3)*
1c brown rice (4)
~2T red curry paste (1)*
¼c tamari (1)*
3T tahini (7)



Veggies

~3c green beans (2)
(trimmed/ pre-cut ok)
1 head cauliflower (1)
2 eggplants (1,7)
1 bunch asparagus (6)
1# carrots (7)
2 green bell peppers (4)
16oz sliced mushrooms (3,6)
1 yellow onion (4)
2 large sweet potatoes (2)
5oz mixed greens (5)



Meats

1# grassfed ground beef (3)
1-1½# chicken thighs (2)
(boneless, skinless)
1 link (~3oz) raw andouille
sausage (4)*



Nuts & Dry Fruit

½c pistachios (5)
Toppings for parfaits (8)
(½c sliced almonds, pecans,
macadamia nuts, dried
coconut flakes or topping of
choice)



Spices

5-6T Italian seasoning (2,3)*
½tsp cayenne pepper (2)
2tsp Creole seasoning (4)*
½tsp cumin (7)
½tsp paprika (7)



Seafood

4 salmon fillets, 4-6oz ea (1)
12oz shrimp (4)
(peeled, deveined, fresh or
frozen)



Frozen

12-16oz cut okra (4)
10oz cherries (8)



Eggs

8 eggs (omega 3) (6)



Oils & Vinegars

~1c olive oil
1T toasted sesame oil (1)
¼c balsamic vinegar (5)

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



March Menu, Week 1: Prep Day

Preheat oven to 350 F. (6,7)



Eggplant: Line baking sheet w/ parchment paper. Roast 1 whole eggplant for ~45 min - 1 hour or until tender. Cool. (7)



Asparagus: Remove and discard lower 2-3" of asparagus bunch. Cut spears into 1/2" pieces and set aside. (6)

Carrots: Cut 1# carrots into sticks. [*] (7)

Green Beans: Trim & cut ~3c green beans into 1-2" pieces (if not trimmed/ pre-cut). (2)

Sweet Potatoes: Cut 2 lg sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T Italian seasoning, S&P. [*] (2)

Gumbo: Chop 1 yellow onion + 2 bell peppers + 3 cloves garlic (for ~1T), set aside. (4)

Curried Veggies: Cut 1 head cauliflower & 1 eggplant into small, bite-sized pieces, ~1/2", set aside. (1)

Ginger: Grate ginger to equal ~2T. Set aside. (2)



Gumbo (4):

In a large stock pot over med-high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.

Add 2 chopped bell peppers, 1 chopped onion, ~1T chopped garlic & 2tsp Creole seasoning, sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add 12-16oz frozen cut okra, 12oz peeled shrimp and 1c uncooked brown rice. Increase heat to medium allowing to simmer.

Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)



Mushroom & Asparagus (6)

Heat 1T oil over medium heat. Add 8oz sliced mushrooms, S&P and saute ~10 min.

Add chopped asparagus and cook ~3-4 minutes more. Cool. (6)

Spaghetti Sauce (3)

In lg sauté pan, add 1# ground beef (breaking apart) + remaining 8oz sliced mushrooms & sauté 15 min, stirring occasionally.

Add 32oz tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine, shut off heat, allow to cool. [*] (3)



Breakfast Frittata (6)

Whisk 8 eggs in a large bowl. Stir in cooked asparagus & mushrooms + 4oz goat cheese crumbles (optional).

Pour into oiled pie pan. Sprinkle w/ 1/2tsp salt. Bake at 350 F for 25-30 min or until no longer jiggly. Allow to cool. [*] (6)



Baba Ganoush (7)

Cut cooked & cooled eggplant in half and scoop out flesh.

Add flesh to food processor (or blender) and add 3T tahini + juice of 1 lemon + 3 cloves garlic + 1/8tsp cumin + 1/8tsp paprika. Blend until pureed. [*] (7)



Apricot Chicken (2)

Place the following in a blender:

- 1/2c apricot preserves
- handful of cilantro
- small garlic clove
- 1/8tsp cayenne

Blend until smooth. Top 1-1 1/2# chicken thighs evenly with apricot glaze. [*] (2)



Salmon Marinade (1)

Whisk together:

1/4c low-sodium tamari (or other gluten-free soy sauce) + 1T toasted sesame oil + 2T fresh grated ginger
Pour over 4 salmon fillets if cooking within 24 hours. Otherwise, store marinade & salmon separately. [*] (1)

Curried Veggies (1)

Whisk together:

- 1/4c olive oil
- 3/4c water
- 1-2T red curry paste
- 3/4tsp salt

Toss above with chopped eggplant & cauliflower. [*] (1)

Side Salad (5):

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

- 1/2 tub of mixed greens, ~2.5oz
- 1/4c pistachios
- 1/2 pint raspberries
- 2oz feta cheese crumbles

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + S&P to taste. [*] (5)

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



March Menu, Week 1: Dish Day

Day 1

Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower (1)

1. Preheat oven to 400 F.
2. Place seasoned cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.
3. Remove salmon from marinade and place on a parchment-lined baking sheet. Bake for 16-20 minutes or cooked through/ flaky.

Day 2

Apricot-Glazed Chicken Thighs w/ Green Beans & Sweet Potatoes (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, tossing halfway through cooking.
3. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.
4. Steam (or boil) green beans for 6-8 minutes. Season w/ S&P.

Day 3

Grassfed Beef & Mushroom Spaghetti (3)

1. Bring large pot of water to a boil. Cook gluten free spaghetti according to package instructions.
2. Reheat spaghetti sauce in large sauté pan over medium heat, stirring occasionally, 5-6 min or heated through.

Day 4

Sausage, Shrimp & Veggie Gumbo (4)

1. Reheat in lg pot on stovetop over med-high until bubbly, turn to med-low, stir occasionally, ~25 min. Add water as needed.

Salad

Mixed Greens w/ Raspberry, Feta & Pistachios (5)

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

Breakfast

Asparagus, Mushroom & Goat Cheese Frittata (6)

1. Reheat each slice in toaster oven (3-5 minutes) or in microwave (30 sec-1 min)
OR reheat entire frittata in 350 F oven for 15-20 minutes or heated through.

Snack

Baba Ganoush (7)

1. Serve w/ carrot sticks.

Dessert

Cherry Parfaits (8)

1. Thaw cherries in fridge overnight.
2. Place 1c Greek yogurt, or yogurt of choice, into serving dish.
3. Top yogurt w/ ~1/2c cherries.
4. Top cherries 1-2T sliced almonds, macadamia nuts and/or dried coconut flakes