



# March Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart
2. Meal 2: Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes
3. Meal 3: Beef Fajitas w/ Not Fried Beans & Guacamole
4. Meal 4: Turkey Minestrone
5. Salad: Italian Side Salad
6. Breakfast: Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes
7. Snack: Apple "Nachos"
8. Dessert: Almond Butter Rice Crispies



## Herbs

1 bunch cilantro (3)  
 1 bulb garlic (3,4)  
 1 small bunch basil (1)  
 1 bunch fresh thyme (2)  
 (OR fresh poultry herb mix)



## Fruits

1-2 limes (3)  
 2 lemons (2)  
 3 apples (7)



## Dairy (optional)

4oz goat cheese crumbles (1)  
 4T grassfed butter (1)  
 (OR sub olive oil)



## Pantry

~3/4c almond butter (7,8)\*  
 (OR sub peanut butter)  
 1/4c honey (8)  
 3c almond flour (1)  
 1 can refried beans (3)\*  
 1 can white beans (4)  
 4c beef broth (4)\*  
 ~14oz crushed tomatoes (4)  
 1/2c sliced kalamata olives (5)  
 2c crispy brown rice cereal (8)  
 8 organic corn tortillas (3)  
 (OR sub w/ Bibb lettuce)



## Veggies

2 avocados (3)  
 1 tomato (3)  
 1 pint cherry tomatoes (5)  
 2 fennel bulbs (2)  
 1 cucumber (5)  
 1 large carrot (4)  
 1 med zucchini (4)  
 1 jalapeño (3)  
 1 red & 1 yellow bell pepper (3)  
 4 large sweet potatoes (1,6)  
 1 1/2-2# fingerling potatoes (2)  
 2 red onions (1,3)  
 1 yellow onion (4)  
 5oz chopped romaine (5)



## Meats

1/2# ground turkey, 93% lean (4)  
 1# grassfed stir fry beef (3)  
 1# ground pork (6)  
 1 whole chicken (2)



## Nuts & Dried Fruits

Apple "nachos" toppings (7)  
 (1/4c dried cherries,  
 unsweetened coconut flakes,  
 sliced almonds, cacao nibs,  
 etc. or any combo of items).



## Eggs

5 eggs (omega 3) (1,6)



## Oils & Vinegars

~1 1/4c olive oil  
 ~1/4c apple cider vinegar (5,6)  
 2T aged or reduced balsamic  
 vinegar, optional (1)



## Spices

~1 1/2T thyme (4,6)  
 2T basil (4,5)  
 1T oregano (4)  
 2T taco seasoning (3)\*  
 1tsp ground ginger (6)  
 1tsp garlic powder (6)\*  
 2tsp dried sage (6)  
 1T dried tarragon (6)



## March Menu, Week 2: Prep Day

**Preheat oven to 350 F. (1,6)**



### **Sweet Potatoes (1,6)**

Peel and finely dice 2 large sweet potatoes.

Toss with 1T olive oil + S&P. Roast in single layer on a sheet pan for 30-45 minutes, tossing halfway through cook time. Cool. (1)

Cut 2 sweet potatoes in half, wrap in foil & bake for 50-55 minutes or until knife inserts easily. Cool. Mash with fork. [\*] (6)



**Lemons:** Cut 2 lemons into quarters for whole chicken. [\*] (2)

**Red Onion:** Chop 2 red onions into thin strips. Set aside ½ for tart and ½ for fajitas. (1,3)

**Minestrone:** Finely dice 1 yellow onion, 1 carrot, and 2 cloves garlic, set aside. Dice 1 zucchini, set aside. (4)

**Fajitas:** Cut 2 bell peppers into thin slices, finely chop 2 cloves garlic. [\*] (3)

**Guacamole:** Finely chop 1 tomato, ½ jalapeño (removing seeds) & 1T cilantro. [\*] (3)

**Italian Salad:** Chop 1 cucumber into small, ½" bite-sized pieces. Halve 1 pint cherry tomatoes. Set aside. (5)

**Basil:** Remove stems and roughly chop, set aside. (1)

**Fennel:** Remove & discard green fronds from 2 fennel bulbs. Slice white part into ½"-1" wedges & toss w/ 1-2T olive oil + S&P. [\*] (2)



### **Minestrone Soup (4)**

Heat 1tsp oil in a large soup pot over medium high, add ½# ground turkey. Break apart turkey, allowing to cook.

Add chopped veggies (1 diced yellow onion, chopped garlic & carrot), sauté 6-8 minutes or until turkey is cooked.

Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, ~14oz crushed tomatoes, 4c beef broth & 4c water.

Bring to boil, lower heat & simmer ~30 mins to 1 hr. Add 1 can white beans (drained and rinsed) and additional water if needed.

Set aside and allow to cool. Season w/ S&P to taste. [\*] (4)



### **Caramelized Onion (1)**

Heat 1T oil over medium heat, add 1 sliced red onion and a pinch of salt.

Stir occasionally for 20-25 mins, adding more oil and lowering heat as needed. Turn off heat and allow to cool. (1)

### **Rice Crispies (8)**

Heat ¼c honey + ½c almond butter over medium heat until melted, 2-3 minutes, stirring constantly.

Remove from heat and stir in 2c crispy brown rice cereal. Press into an oiled 8x8" pan. Cool at room temp, cut into squares. [\*] (8)



### **Tart (1)**

Place the following in a food processor:

- 3c almond flour
- 4T butter (or 4T olive oil)
- 1 egg
- 1/8tsp salt

Pulse until combined. Spread in a 9x13" pan and bake at 350 F. for ~15 minutes or set.

Top crust with caramelized onions + diced roasted sweet potato + 4oz goat cheese crumbles.

Return to oven for 5-10 min to melt cheese. Remove from oven, top w/ chopped basil & reduced balsamic vinegar (optional). [\*] (1)



### **Italian Salad (5):**

Whisk together:

- 1/2c olive oil
- 1/4c apple cider vinegar
- 1T dried basil
- S&P [\*] (5)

Toss vinaigrette together with:

- 1 cucumber, chopped
- 1 pint cherry tomatoes, halved
- 1/2c sliced kalamata olives. [\*] (5)

### **Sausage (6)**

Whisk together:

- 1tsp ground ginger
- 1tsp garlic powder
- 1tsp dried thyme
- 2tsp dried sage
- 1T dried tarragon
- 1/2tsp salt

Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties. [\*] (6)

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



## March Menu, Week 2: Dish Day

### Day 1

#### Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart (1)

1. Reheat in 350 F oven for ~30 minutes (can also be served cold).

### Day 2

#### Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes (2)

1. Preheat oven to 375 F.
2. Pat 1 whole chicken dry and stuff bird with lemon wedges, 1 bunch fresh thyme, olive oil, and S&P.
3. Season outside with olive oil, S&P. Roast for 1-1¼ hrs or until chicken reaches temp of 165 F. (~30 mins/ pound).
4. Toss potatoes w/ 1-2T olive oil + S&P. Roast for ~40-50 mins or knife inserts easily, tossing halfway through cook time.
5. Roast fennel on parchment lined baking sheet for ~35-45 mins.

### Day 3

#### Beef Fajitas w/ Not Fried Beans & Guacamole (3)

1. Heat 1 can refried beans, covered, in 350 F oven for ~20 minutes or in microwave.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 mins.
3. Add 1# stir fry beef + 2T taco seasoning, cook ~5 mins or just cooked.
4. Make guacamole: mash 2 avocados. Add: 1T cilantro, 1 chopped tomato, ½-1tsp jalapeño, juice of ½ lime (or more to taste), S&P.
5. Serve fajitas in warmed corn tortillas (or lettuce wraps) with guacamole, beans, and lime slice on the side.

### Day 4

#### Turkey Minestrone (4)

1. Reheat on stove top over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally).

### Salad

#### Italian Side Salad (5)

1. Toss 5oz chopped romaine with dressed tomatoes, cucumber & olives.

### Breakfast

#### Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes (6)

1. In small sauce pan over med-low, reheat mashed sweet potato, stirring occasionally, until warmed through.
2. Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.
3. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
4. Serve eggs over baked sweet potatoes w/ sausages on the side. Season w/ S&P.

### Snack

#### Apple "Nachos" (7)

1. Core and thinly slice 3 apples.
2. Melt ~3T almond butter and drizzle over top.
3. Top with ¼c toppings of choice (dried coconut flakes, sliced almonds, dried cherries, cacao nibs, etc.)

### Dessert

#### Almond Butter Rice Crispies (8)