



March Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Greek Chicken Salad
2. Meal 2: Salmon over Sautéed Spinach w/ Mushrooms & Feta
3. Meal 3: Asian Turkey Lettuce Wraps
4. Meal 4: Garlic Roasted Pork Chops w/ 3 Bean Salad
5. Salad: Spinach, Pine Nut, Golden Raisin & Parmesan
6. Breakfast: GF Banana Bread Granola w/ Berries
7. Snack: Grapes & Cashews
8. Dessert: Peanut Butter Cups



Herbs

1 bunch cilantro (3)
1 bulb garlic (2,3)
~2-3" ginger knob (3)



Fruits

1 bunch grapes (7)
1 banana (6)
2 lemons (2)
1 pint berries of choice (6)



Dairy (optional)

8oz feta crumbles (1,2)
4oz shredded parmesan (5)
milk or yogurt of choice (6)



Pantry

~8.5oz can artichokes (1)
(in water)
15oz can kidney beans (4)
15oz can butter beans (4)
15oz can green beans (4)
(OR garbanzo or lima beans)
½c sliced kalamata olives (1)
1 can water chestnuts (3)
3T low-sodium tamari (3)
4T peanut butter (8)*
(OR sub almond butter)
1c cacao or cocoa powder (8)
¼c honey (8)
1tsp vanilla extract (6)*
3c GF oats (6)
12 muffin liners (8)



Veggies

1 bunch green onions (3,4)
1 pint cherry tomatoes (1)
1 red bell pepper (3)
1 cucumber (1)
1 yellow onion (3)
16oz sliced mushrooms (2)
2 heads romaine lettuce (1,3)
16oz baby spinach (2,5)



Meats

1¼# ground turkey,
85% lean (3)
1# chicken breasts (1)
(boneless, skinless)
4-8 thin cut, bone-in pork
chops (4)



Nuts & Dried Fruit

½c pine nuts (5)
1c cashews (7)
½c golden raisins (5)
¾c walnuts (6)
½c pecans (6)
1T flax seeds, optional (6)
4 medjool dates (~½c) (6)



Seafood

4 skin-on salmon fillets,
4-6oz ea (2)



Oils & Vinegars

~2c olive oil
2T toasted sesame oil (3)
2T rice vinegar (3)
½c red wine vinegar (1,4)
½c balsamic vinegar (1,5)
1¼c coconut oil (6,8)



Spices

1T oregano (1,4)
1tsp red chili flakes, optional
(3)
1-2T garlic salt (4)
(OR ~1T garlic powder)
½T cinnamon (6)

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



March Menu, Week 3: Prep Day

Preheat oven to 350 F. (1,6)



Chicken: Whisk together $\frac{1}{4}$ c balsamic vinegar + $\frac{1}{4}$ c olive oil + ground pepper + 1T salt. Marinate 1# chicken breasts ~30 min. (1)



Salmon Topping: Zest 1 lemon, combine with 2T olive oil + S&P. Keep remaining whole lemon for juicing on Dish Day. [*] (2)
Romaine: Remove 10-12 large leaves, store in large baggie for Asian wraps (3). Finely chop remaining lettuce for salad. (1) [*] (1,3)
Greek Salad: Cut 1 pint cherry tomatoes in half. Chop 1 cucumber in $\frac{1}{2}$ " pieces. Drain artichokes & chop into small pieces. [*] (1)
Green Onion: Chop 1 bunch green onions, keeping whites & greens separate. Set aside. (3,4)
Wraps: Finely chop 2 cloves garlic. Grate ginger to equal ~1T. Set aside. (3)
Wraps: Finely chop 2T cilantro + 1 yellow onion + 1 red bell pepper + 1 can water chestnuts (drained). Set aside separately. (3)
Garlic: Thinly slice 3-4 cloves garlic. [*] (2)



Chicken: Remove chicken from marinade & bake for ~25-30 mins depending on thickness (or cooked to 165 F). Cool & slice. [*] (1)



Lettuce Wraps (3)

In lg sauté pan heat 1tsp olive oil, add $1\frac{1}{4}$ # ground turkey + chopped veg (1 bell pepper, 1 onion, 2 garlic cloves) + 1T grated ginger. Cook ~10-12 min, breaking apart meat. Add chopped water chestnuts, cilantro, green onion tops, 1T toasted sesame oil, 1T tamari, 1T rice wine vinegar. Stir to combine, then remove from heat to cool. [*] (3)



GF Banana Bread Granola (6)

In a food processor add:

$\frac{3}{4}$ c walnuts + $\frac{1}{2}$ c pecans + 1T flax seeds, optional + 4 medjool dates, pitted (~ $\frac{1}{2}$ c)

Pulse the above in a food processor until nuts & dates are chopped, set aside in a separate bowl and mix in the following:

3c GF oats + $\frac{1}{2}$ tsp salt + $\frac{1}{2}$ T cinnamon

Now add to the food processor and blend until smooth:

$\frac{1}{4}$ c coconut oil + 1tsp vanilla + 1 banana

Add the nut mixture (from above) back to the food processor and pulse until just combined.

Place mixture on large sheet pan lined with parchment paper and spread out into a thin layer (the mixture should be wet). Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola. Bake 5-10 more mins (watch closely - it burns easily!). Remove from oven, cool, break apart as desired and store in an airtight container. Yields ~5c or 10 servings. [*] (6)



Peanut Butter Cups (8)

Place 12 muffin liners in a muffin pan.

In a saucepan over low heat, whisk together 1c coconut oil, 1c cacao/cocoa powder, 1/4c honey & pinch of salt, until coconut oil is melted and ingredients are well combined. Remove from heat.

Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min. Once cocoa mixture hardens, place 1tsp peanut butter in center of each cup and "flatten" slightly. Top with additional 1-1 1/2T cocoa mixture (enough to cover completely). Place in freezer for 10 min or until hardened. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer. [*] (8)



Balsamic Vinaigrette (5)

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

Greek Vinaigrette (1,4)

Whisk together:

- 1c olive oil
- 1/2c red wine vinegar
- 1T dried oregano
- S&P to taste. [*] (1,4)

**Note: half will be used for Greek Salad (1) and half for 3-Bean Salad (4).

Asian Dipping Sauce (3)

Whisk together:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T tamari
- 1tsp red chili flakes, optional [*] (3)



Spinach Salad (5)

In a container layer the following:

- 2.5oz baby spinach
- 1/4c pine nuts
- 1/4c golden raisins
- 2oz parmesan

Repeat layers. [*] (5)

3-Bean Salad (4)

In a large bowl, combine:

- white part of chopped green onions
- 15oz can kidney, drained & rinsed
- 15oz can butter beans, drained & rinsed
- 15oz can green beans, drained (OR sub with garbanzo or lima).

Toss with half of Greek Vinaigrette, reserving other half for Greek Salad (1). [*] (4)

Pork Chops (4)

Sprinkle ~1/4tsp garlic salt (OR mix 2tsp garlic powder + 1/2tsp salt) over each pork chop. [*] (4)

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



March Menu, Week 3: Dish Day

Day 1

Greek Chicken Salad (1)

1. Bring Greek vinaigrette to room temp & shake well.
2. Toss together: chopped romaine, cucumber, artichokes + halved tomatoes + ½c sliced kalamata olives + 4oz feta crumbles.
3. Top salad with sliced/cooked chicken.
4. Drizzle with vinaigrette.

Day 2

Salmon over Sautéed Spinach w/ Mushrooms & Feta (2)

1. Preheat oven to 450 F. Place salmon fillets in baking dish & rub w/ salmon topping mixture. Bake 8-10 mins, or until flaky.
2. Heat 2T olive oil in lg pan over med-high heat. Add 16oz sliced mushrooms. Cook ~15 mins, stir occasionally, until golden brown.
3. Add 3-4 sliced garlic cloves + S&P and cook for ~1 min, until fragrant and tender.
4. Add remaining baby spinach to mushrooms, cook for ~4 mins, stirring often, or until wilted.
5. Top spinach and mushrooms with ~4oz feta cheese + drizzle of lemon juice and serve with salmon.

Day 3

Asian Turkey Lettuce Wraps (3)

1. Heat filling in a sauté pan over med-high for 5-10 mins or heated. Serve filling in large romaine lettuce leaves w/ dipping sauce.

Day 4

Garlic Roasted Pork Chops w/ 3 Bean Salad (4)

1. Preheat oven to 425 F.
 2. Bake pork chops ~10-12 minutes, depending on thickness of chops. Internal temperature should reach 145 F.
- Note: Leftover 3 Bean Salad makes a great lunch; just top with tuna and chopped avocado.

Salad

Spinach, Pine Nuts, Golden Raisins & Parmesan (5)

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

Breakfast

GF Banana Bread Granola w/ Berries (6)

1. Serve granola topped with berries & milk or yogurt of choice.

Snack

Grapes & Cashews (7)

- 1 serving = 1c grapes + ¼c cashews

Dessert

Peanut Butter Cups (8)