



March Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Beans, Olives & Feta
2. Meal 2: Salmon, Green Bean, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette
3. Meal 3: Grassfed Beef Tostadas
4. Meal 4: Broccoli & Potato Soup
5. Salad: Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds
6. Breakfast: Eggs over Zoodles w/ Sausages
7. Snack: Tropical Green Smoothie
8. Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries



Herbs

1 sm bunch basil (1,2)
1 bulb garlic (3,4)
1 bunch fresh thyme (4)
1 bunch Italian parsley (4)



Fruits

16oz strawberries (2,8)
3 lemons (1,2,7)
4 kiwi (7)



Dairy (optional)

8oz feta cheese (1,2)
4oz shredded cheddar (3)



Pantry

1 can white beans (1)*
1 can refried beans (3)*
¼c sundried tomatoes in oil (1)
2T sliced kalamata olives (1)
4c vegetable broth (4)*
¼c white wine (4)
(OR sub vegetable broth)
½c coconut cream (4)
(OR sub full fat coconut milk)
1 can full fat coconut milk (1)
1tsp honey (1,2)
1tsp vanilla extract (8)*
1tsp maple syrup, optional (8)*
8 corn tortillas (3)*
2 quart freezer bags (7)



Veggies

1 bunch celery (4)
1# carrots (5)
1 English cucumber (7)
1 head broccoli (4)
2 zucchini (6)
(OR 1 bag zoodles)
1c fresh green beans (2)
1 large tomato (3)
1 pint cherry tomatoes (5)
4-5 avocados (3,5,7)
8oz sliced mushrooms (3)
4 medium red potatoes (4)
1 lg yellow onion (4)
1 head iceberg lettuce (3)
(OR 1 bag pre-chopped)
1 bunch collard greens (1)
5oz mixed greens (2)
5oz baby spinach (7)
5oz chopped romaine (5)



Meats

1-2# chicken tenders (1)
4 sausage links (6)*
1# grassfed ground beef (3)



Nuts & Seeds

½c sliced almonds (2)
1½c pecans (1)
½c sunflower seeds (5)



Seafood

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



Oil & Vinegar

~1¾c olive oil
1T apple cider vinegar (1)
(OR vinegar of choice)
½c balsamic vinegar (5,8)



Freezer

1-2 pints vanilla coconut milk ice cream (8)*
(OR sub with flavor of choice)
2c frozen pineapple (7)
2c frozen mango (7)



Eggs

6 eggs (omega 3) (1,6)



Spices

1T cumin (1)
1T smoked paprika (1)
3T chili powder (1,3)*
(OR taco seasoning*)
½tsp coarse sea salt (1)

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



March Menu, Week 4: Prep Day



Chicken: Whisk 1 can full fat coconut milk w/ 1T apple cider vinegar (or other vinegar). Add chicken & marinate 1-2 hr in fridge. (1)



Green Beans: Cut 1c into 1" pieces. Steam (or boil) for 3-5 min or until just turning a bright green color. Place in refrigerator. (2)



Zucchini: Thinly slice 2 zucchini (or use pre-cut spirals) into long, spaghetti-like strips (best on mandolin or spiralizer). [*] (6)

Tropical Smoothie: Quarter 1 English cucumber. Peel and half 4 kiwi. Set aside. (7)

Strawberries: Thinly slice 16oz of strawberries. Set aside. (2,8)

Collards: Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl and set aside. (1)

Carrots: Grate (use food processor or lg cheese grater) or chop 2 carrots. Set aside. (5) Note: extra carrots are great for snacking.

Sundried Tomatoes: Roughly chop 1/4c sundried tomatoes. (1)

Tomatoes: Cut 1 pint of cherry tomatoes in half. Set aside. (5)

Soup: Mince 3 garlic cloves. Dice 1 large yellow onion & 3 celery stalks. [*] (4) Note: chop any remaining celery for snacking.

Soup: Cut 1 head broccoli into small pieces. Chop parsley for ~1/4c. [*] (4) Store broccoli and parsley separately. [*] (4)

Tostadas: Finely chop 1 large tomato & 1 head iceberg lettuce. Store separately. [*] (3)

Tostadas: Chop 8oz sliced mushrooms and finely chop 2 garlic cloves. Set aside. (3)



Tostadas (3)

Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 2 chopped garlic cloves + 8oz sliced mushrooms, chopped + 2T chili powder, cook for 8-10 min. Cool. [*] (3)



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



Lemon Basil Vinaigrette (1,2)

Place in a blender:

1/2c olive oil + 1/2c basil leaves + zest of 1 lemon + 1T lemon juice (~1 lemon) + 1tsp honey + 1/8tsp salt (or to taste).

Blend on high until basil is finely chopped. (1,2)



Pecan Chicken (1)

In a food processor, blend the following until pecans reach breadcrumb like texture and then set aside:

- 1½c pecans
- 1T chili powder
- 1T smoked paprika
- 1T cumin
- S&P

Place chopped pecans in shallow bowl.

Whisk 2 eggs in a separate shallow bowl.

Dredge marinated chicken tenders in whisked eggs and then in pecan crust.

Place in container. Repeat steps until all tenders are covered and placed in container. [*] (1)



Tropical Green Smoothie (7)

Place the following in a quart-sized freezer bag:

- 1c frozen pineapple
- 1c frozen mango
- 2 kiwis, peeled and halved
- ½ English cucumber, quartered
- ½ avocado
- 2 handfuls fresh baby spinach

Repeat. Each baggy yields 2 servings. [*] (7)

Note: if you have leftover spinach, add to Salmon Salad (2).

Collard Green Salad (1)

To the large bowl of chopped collards, add: ¼c olive oil + ½tsp sea salt (coarse sea salt preferred).

Use your hands to "massage" the salt & oil into the leaves for 2-3 minutes, add up to ¼c additional oil if needed.

Then add:

- ¼c chopped sundried tomatoes
- 1T of lemon-basil vinaigrette **Note: store remaining lemon-basil dressing for salmon salad [*] (2)
- 4oz crumbled feta (optional)
- 2T sliced kalamata olives
- 1 can white beans, drained

Toss all together. [*] (1)

Salmon Salad (2)

Layer in container as follows:

- ½ of mixed greens
- ¼c sliced almonds
- ½c sliced strawberries
- ½ of chopped, cooked green beans
- 2oz crumbled feta (optional)

Repeat layers. [*] (2)

Balsamic Marinated Strawberries (8)

Combine: ¼c balsamic vinegar + 1tsp vanilla + 1tsp maple syrup (optional). Pour over remaining sliced strawberries (2-3c). [*] (8)

Side Salad (5):

Layer in container as follows:

- ½ of chopped romaine
- ½ shredded (or chopped) carrot
- ½ of cherry tomatoes halves
- ¼c sunflower seeds

Repeat layers. [*] (5)

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

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Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD



March Menu, Week 4: Dish Day

Day 1

Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Beans, Olives & Feta (1)

1. Preheat oven to 425 F.
2. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F). Serve w/ salad.

Day 2

Salmon, Green Bean, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette (2)

1. Place lemon-basil vinaigrette at room temp and shake well before serving.
2. Preheat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 servings. Top each salad w/ 1 baked salmon fillet & drizzle w/ 1-2T vinaigrette.

Day 3

Grassfed Beef Tostadas (3)

1. Preheat oven to 400 F. Put beef filling in a large sauté pan over med-high heat and reheat for ~5 minutes.
2. Place corn tortillas on baking sheet & toast for 5 minutes. Slice 2 avocados and set aside.
3. Spread tortillas w/ refried beans, meat & shredded cheddar. Place in oven for 5 min. Top w/ chopped tomato, lettuce & avocados.

Day 4

Broccoli & Potato Soup (4)

1. Cut 4 red potatoes into large chunks. Steam until tender and set aside.
2. In lg pot over med heat add 1T oil + diced garlic, onion, celery & 3 sprigs fresh thyme. Sauté until veggies have softened, ~4 mins.
3. Add ½c white wine (or veg broth) to deglaze. Add ½c coconut cream and 4c vegetable broth and bring to a boil.
4. Remove thyme springs (just the woody stem), then add chpd broccoli & steamed potatoes.
5. Simmer until broccoli is bright green, ~3-4 mins. Season w/ S&P & garnish with parsley.

Salad

Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds (5)

1. Allow balsamic vinaigrette to come to room temp. Chop 1-2 avocados and add to salad. Shake vinaigrette well & drizzle over salad.

Breakfast

Eggs over Zoodles with Sausage (6)

1. Heat sausage links per package instructions in a sauté pan.
2. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add zoodles and cook 2-3 min.
3. Fry 4 eggs in 1tsp oil for 4-5 min or white is cooked and yolk is cooked as desired (this meal also works well with poached eggs). (Note: option to cook all/ most of this in 1 very large saute pan at the same time.)

Snack

Tropical Green Smoothie (7)

1. Add 1 smoothie bag, juice of 1 lemon and ½c (or more) water to a blender.
2. Blend until smooth. Add water as needed for consistency. Makes 2 servings.

Dessert

Ice Cream w/ Balsamic Marinated Strawberries (8)

1. Top each scoop of ice cream with ~¼c of marinated strawberries.