



# March Menu, Week 5: Grocery List

Serves 4

1. Meal 1: Slow Cooker Pork w/ Garlic Mojo & Mashed Sweet Potatoes
2. Meal 2: Marinated Flank Steak w/ Grilled Pineapple, Zucchini, Peppers & Onions
3. Meal 3: Mexican Pork Salad
4. Meal 4: Trout w/ Rice & Green Beans
5. Salad: Arugula w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Sweet Potato w/ Prosciutto & Pears
7. Snack: Peppers & Guac
8. Dessert: Tropical Fruit Salad



## Herbs

- 1 bulb garlic (1,2)
- 1 bunch fresh basil (5)
- 1 bunch cilantro (2,3,4)



## Veggies

- 1 bunch green onions (3)
- 1-2 zucchini (2)
- 3-4c green beans (4)
- 4 bell peppers, mixed colors (2,7)
- 1 large beefsteak tomato (3)
- 1 pint cherry tomatoes (5)
- 2-3 avocados (3,7)
- 2 yellow onions (1,3)
- 1 red onion (2)
- 4 lg sweet potatoes (1,6)
- 5oz arugula tub (5)
- 10oz chopped romaine (3)



## Fruits

- 1 pineapple (2,8)  
(OR buy fresh sliced)
- 3 limes (1,3)
- 1 pint raspberries (8)
- 2 oranges (1)
- 3 lemons (1,4)
- 4 pears (6)



## Meats

- 1-1½# grassfed flank steak (2)
- ~4# boneless pork shoulder (1,3)
- 16 slices prosciutto (6)



## Frozen

- 4 trout fillets, 4-6oz ea (4)  
(OR sub fish of choice)



## Dairy (optional)

- 8oz mini mozzarella balls (5)



## Nuts

- ½c pine nuts (5)  
(OR sub sliced almonds)



## Oil & Vinegar

- ~1½c olive oil
- ¼c balsamic vinegar (5)
- 2T apple cider vinegar (2)



## Pantry

- 1c brown rice (4)
- ½c chicken broth, optional (1,3)\*
- 1T tamari (2)\*
- 2T mayo (4)\*  
(like Primal Kitchens)
- 1 jar salsa of choice (3,7)\*
- 1T honey, optional (2)
- 1 bag coconut chips (8)\*



## Spices

- 1T oregano (2)



## March Menu, Week 5: Prep Day

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



**Sweet Potatoes:** Cut 4 large sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. Cool. Peel and mash until smooth. [\*] (1,6)



### **Pork (1,3)**

Heat 1T olive oil in a large pan over med-high. Season pork shoulder with S&P and brown on all sides. After searing pork, place in slow cooker w/ ½c chicken broth or water & cook ~5 hours on high or ~8 hours on low, until meat is tender. Cool, then using your fingers or two forks, shred the pork into bite-sized pieces and store in the fridge. [\*] (1,3)  
Note: option to cook on Dish Day.

**Rice:** Place 2c water + 1c brown rice in pan, bring to a boil, lower heat to low, stir & cover w/ lid and cook 30-45 min. Cool. [\*] (4)



**Onion:** Slice 1½ onions into ½" rounds and store. [\*] (1) Finely chop remaining ½ onion for Mexican salad (3). (1,3)

**Garlic:** Finely chop 3-4 cloves garlic. Set aside for mojo sauce. (1)

**Grilled Veg:** Thinly slice 1-2 zucchini (¼" thick), cut 2 bell peppers into ~8 slices ea., and slice 1 red onion into thick "rings". [\*] (2)

**Peppers:** Slice 2 bell peppers into strips for snacking. [\*] (7)

**Mexican Salad:** Dice 1 tomato. Chop 3-4 green onions. Mince cilantro for ~3T. Layer ingredients w/ 10oz chopped romaine. [\*] (3)

**Cilantro:** Chop cilantro for ~1T. [\*] (4)

**Tomatoes:** Cut cherry tomatoes in half. (5)

**Pineapple:** Peel, core & dice ~1c pineapple into ~1" pieces. Set aside. (8) Cut remaining pineapple into ½" thick slices. [\*] (2) (2,8)



### **Side Salad (5)**

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

- ½ of arugula, ~2.5oz
- 4oz mozzarella balls
- ½ of cherry tomato halves
- ¼c pine nuts (or sliced almonds)

Repeat layers. [\*] (5)

### **Fruit Salad (8)**

Combine:

- ~1c chopped pineapple, diced
- 1 pint raspberries
- 1 bag coconut chips [\*] (8)



### **Steak Marinade (2)**

Blend the following until combined:

- 1/2c olive oil
- large handful cilantro
- 2 cloves peeled garlic
- 1T tamari
- 1T honey (optional)
- 1/2T salt
- 2T apple cider vinegar

Pour over flank steak and allow to marinate in the refrigerator for up to 3 days. [\*] (2)



### **Mojo Sauce (1)**

Whisk together:

- 1/2c fresh orange juice (~2 oranges)
- 1/4c fresh lime juice (~2 limes)
- 1/4c fresh lemon juice (~2 lemons)
- 3 cloves garlic, minced
- 1/4c olive oil
- 1/3tsp salt
- 1/8tsp ground black pepper [\*] (1)

### **Balsamic Vinaigrette (5)**

Whisk together:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper to taste [\*] (5)

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



# March Menu, Week 5: Dish Day

## Day 1

### Slow Cooker Pork w/ Garlic Mojo & Mashed Sweet Potatoes (1)

1. Preheat oven to 350 F. Warm  $\frac{1}{2}$  of the sweet potatoes in oven, covered, for ~30-40 minutes.
2. Put 2T of mojo sauce in a large skillet. Warm over high heat.
3. Add 4 servings of the shredded pork to the pan and top with the sliced onion rounds.
4. Put lid on skillet and cook for a few minutes until the pork is warm and onions are crisp-tender.
5. Serve with sweet potatoes and more garlic mojo sauce (served room temp).

## Day 2

### Marinated Flank Steak w/ Grilled Pineapple, Zucchini, Peppers & Onions (2)

1. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.  
OR heat large sauté pan to med-high, sear for 3 min on each side and transfer to preheated 400 F oven for ~8 min for medium rare.
2. Toss zucchini, onions & bell peppers w/ 2T olive oil, 1T dried oregano & S&P.
3. Grill veg for 2-3 minutes & flip cooking another 2-3 min (onions may take longer). Note: option to bake at 450 F for ~10-15 min.
4. Grill pineapple for 5-6 minutes, flipping occasionally. Note: option to eat pineapple fresh vs grilling.
5. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain like you would fajita meat.

## Day 3

### Mexican Pork Salad (3)

1. Slice 1 avocado. Reheat or serve pork cold.
2. Top salad with avocado and pork. Drizzle with 1T olive oil, juice of 1 lime and salsa, if desired.

\*Note: option to defrost fish in fridge for dinner tomorrow.

## Day 4

### Trout w/ Rice & Green Beans (4)

1. If fish was not defrosted overnight, place in water 1-2 hours to defrost before cooking.
2. Preheat oven to 375 F. Place rice in oven and reheat for ~40 minutes or until heated through.
4. Combine 2T mayo +  $\frac{1}{2}$ T lemon juice + 1T fresh chopped cilantro + S&P.
5. Spread over fish and bake 18-20 minutes.
6. Boil green beans for 6-8 minutes and season w/ S&P.

## Salad

### Arugula w/ Tomatoes, Basil & Mozzarella (5)

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

## Breakfast

### Sweet Potatoes w/ Prosciutto & Pears (6)

1. Reheat remaining sweet potatoes on stove top or in microwave.
2. Slice 1 pear/ person and serve with 4 slices prosciutto/ person.

## Snack

### Peppers & Guac (7)

1. Mash 1-2 avocados and mix w/  $\frac{1}{4}$ c salsa to make guac. Serve with sliced peppers.

## Dessert

### Tropical Fruit Salad (8)