



March Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Baked Chilean Sea Bass w/ Curry-Roasted Cauliflower & Green Beans
2. Meal 2: Salt & Pepper Drumsticks w/ Sweet Potato Coins
3. Meal 3: Veggie Fajitas
4. Meal 4: Harissa Lamb Chops w/ Sweet Potato Coins & Sautéed Spinach
5. Salad: Arugula w/ Blackberries, Feta & Sliced Almonds
6. Breakfast: Blueberry-Banana Green Smoothie
7. Snack: Cucumber Slices
8. Dessert: Yogurt w/ Cherries



Veggies

1 head cauliflower (1)
 2-3c fresh green beans (1)
 (optional, increase to 2 heads cauliflower if omitting)
 1 cucumber (7)
 3 avocados (3)
 1 each- red, yellow & green bell pepper (3)
 1 red onion (3)
 2 portabella mushrooms (3)
 6 med sweet potatoes (2,4)
 (look for long & skinny ones)
 16oz spinach (4,6)
 5oz arugula (5)
 romaine or bibb lettuce for fajita "wraps" (if not using tortillas) (3)



Fruit

1 pint blackberries (5)
 6 bananas (6)



Meats

8-12 bone-in, skin-on chicken drumsticks (2)
 4 lamb loin chops (4)
 (OR sub with grassfed beef steak of choice or burgers)

*Don't want veggie fajitas?
 Pick up beef, chicken or shrimp for fajitas.



Fish

4 Chilean sea bass fillets, 4-6oz each (1)
 (OR sub salmon)



Dairy (optional)

4oz feta crumbles (5)
 32oz grassfed Greek yogurt, or yogurt of choice (8)
 (OR sub a coconut-based yogurt for dairy-free)



Nuts & Dried Fruits

1/2c sliced almonds (5), optional



Frozen

10oz frozen blueberries (6)
 10oz frozen cherries (8)



Pantry

3T salsa of choice (3)*
 1/4c almond butter (6)*
 (OR nutbutter of choice)
 8 corn tortillas (3)
 (OR sub with lettuce wraps)



Spices

2T curry powder (1)*
 2T harissa (4)*
 (OR sub with steak seasoning of choice*)
 2T fajita seasoning (3)*
 (OR sub with taco seasoning or chili powder*)



Oils & Vinegars

~1/2c olive oil
 1/4c balsamic vinegar (5)

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



March Menu, Super Fast: Prep Day (1 hour!)



Fajitas: Chop 3 bell peppers, 2 portabellas & 1 red onion into long strips for fajitas. Sprinkle with 2T fajita seasoning. [*] (3)
(Optional: Sauté fajita ingredients (above) in a large sauté pan for 10-15 min and reheat in a sauté pan on Dish Day.)

Sweet Potato: Cut 6 sweet potatoes into small 1/4" coins. Toss w/ 2-3T olive oil + S&P. [*] (2,3)

Cucumber: Peel (optional) & cut into thin slices for snacking. [*] (7)

Cauliflower & Green Beans: Cut cauliflower into bite-sized pieces. If needed, remove ends from green beans & cut into 2" pieces. Toss both together with 2-3T olive oil + 2T curry powder + S&P. [*] (1)

Banana: Peel & cut 6 bananas in half and store in a baggie in the freezer. [*] (6)



Salad (5)

Layer in container as follows:

- 1/2 of arugula
- 1/2 pint blackberries
- 1/4c almond slices
- 2oz feta crumbles. [*] (5)

Lamb: Spread each lamb chop with 1-2tsp harissa (or rub with steak seasoning). [*] (4)

Cherries: Place frozen cherries in a container and defrost in fridge. [*] (3)



Balsamic Dressing/ Marinade: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar. [*] (5)

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



March Menu, Super Fast: Dish Day

Day 1

Baked Chilean Sea Bass w/ Curry-Roasted Cauliflower & Green Beans (1)

1. Preheat oven to 425 F.
2. Place veggies in a single layer on a baking sheet and roast for 25-35 min, removing and tossing halfway through.
3. Season sea bass w/ S&P and bake for 16-18 minutes or just cooked through and flaky.

Day 2

Salt & Pepper Drumsticks w/ Sweet Potato Coins (2)

1. Preheat oven to 425 F. Season chicken drumsticks w/ S&P.
2. Place chicken & ½ the sweet potatoes in a single layer on separate baking sheets, roast ~30-40 min (chicken should be 165 F).

Day 3

Veggie Fajitas (3)

1. Heat 1-2tsp oil in a large sauté pan over med-high heat. Cook ~15 min or until veggies are cooked. Season as needed w/ S&P. Note: if using meat, add meat after cooking veg ~5 min and cook for 10-12 minutes or cooked through.
2. Make guac by mashing 3 avocados & stirring in 3T salsa.
3. Serve veggies in warmed corn tortillas or lettuce wraps and top with guac.

Day 4

Lamb Chops w/ Sweet Potato Coins & Sautéed Spinach (4)

1. Preheat oven 425 F.
2. Roast ½ of sweet potato coins for 30-40 minutes or until slightly browned. Remove and toss halfway through cooking.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook chops 2-3 min/ side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
5. In a large sauté pan, heat 1tsp olive oil, add ½ large tub of spinach (reserving ½ for breakfast). Sauté ~5 min, season w/ S&P.

Salad

Arugula w/ Blackberries, Feta & Sliced Almonds (5)

1. Shake balsamic vinaigrette well & drizzle over salad.

Breakfast

Blueberry-Banana Green Smoothie (6)

1. Place the following in a blender:
½c water (or milk of choice)+ 6 frozen banana halves + 1c frozen blueberries + large handful baby spinach + ½c almond butter
2. Blend on high until smooth. Add more liquid as needed. May need to do in multiple batches. Yields ~2 servings.

Snack

Cucumber Slices (7)

Dessert

Yogurt with Cherries (8)

1. Top 1c yogurt w/ ~½c cherries. Option to add 1-2T sliced almonds if leftover from salad. Enjoy!