



# April Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Mustard-Dill Salmon w/ Asparagus & Purple Potatoes
2. Meal 2: Bison Strip Steaks w/ Green Beans & Mashed Cauliflower
3. Meal 3: Chicken & Bell Pepper Tacos w/ Jicama & Guacamole
4. Meal 4: Shrimp Stir Fry w/ Broccoli & Carrots Over Rice
5. Salad: Romaine w/ Roasted Beets & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Tacos
7. Snack: Kiwis w/ Brazil Nuts
8. Dessert: Chocolate Chip Cookies



## Herbs

1 bunch dill (1)  
1 garlic bulb (1,3,4,6)  
~2" knob ginger (4)



## Fruits

1 lime (3,6)  
8 kiwi (7)



## Nuts & Seeds

½c pumpkin seeds (5)  
1c Brazil nuts (7)



## Pantry

1c brown rice (4)  
16 organic corn tortillas (3,6)\*  
1c grainy mustard (1)\*  
2T low sodium tamari (4)\*  
⅓c maple syrup (8)  
⅔c cashew butter (8)\*  
1tsp vanilla extract (8)\*  
2½c almond flour (8)  
½tsp baking soda (8)  
½c chocolate chips (8)  
(option: ½ chunks & ½ chips)



## Veggies

2c green beans (2)  
1 head cauliflower (2)  
1 head broccoli (4)  
4 large beets (5)  
(2 red, 2 golden if available)  
1 bunch asparagus (1)  
1# carrots (4)  
3 bell peppers (3,6)  
2 tomatoes (3,6)  
2 avocados (3,6)  
1 med jicama bulb (3)  
8oz sliced mushrooms (6)  
1 small yellow onion (3)  
1-2# purple potatoes (1)  
(OR sub red potatoes)  
5oz baby spinach (6)  
5oz chopped romaine (5)



## Meats

4 bison strip steaks,  
5-7oz ea (2)  
(OR sub beef steaks)  
1-2# boneless, skinless  
chicken breasts (3)  
(OR sub chicken tenders)



## Seafood

4 salmon fillets, 4-6oz ea (1)



## Oils & Vinegars

~1c olive oil  
1T toasted sesame oil (4)  
½c coconut oil (8)  
~¼c balsamic vinegar (5)



## Eggs

8 eggs (omega-3) (6,8)



## Frozen

1-1½# shrimp (4)  
(peeled, deveined, no tails)



## Spices

~1tsp ancho chili powder,  
optional (3)\*  
(OR sub chili powder)  
¼c taco seasoning (3)\*  
¼c steak seasoning (2)\*



## April Menu, Week 2: Prep Day

### Preheat oven to 325 F. (5,8)



#### Beets (5)

Peel 4 beets and dice into 1/2" cubes. Toss w/ 1-2T olive oil + S&P. Roast for 55-65 mins, tossing halfway through cook time. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



**Rice:** Place 1c brown rice + 3c water in sm pot, cover & cook on low for 40-50 mins or until done. Option: use a rice cooker. [\*] (4)



**Jicama:** Peel & cut jicama bulb in half. Cut into 1-2" strips. [\*] (3)

**Green Beans:** Cut ends off of 2c green beans. Toss w/ 1T olive oil, S&P. [\*] (2)

**Purple Potatoes:** Cut purple potatoes in half (~1" pieces). Toss w/ 1-2T olive oil, S&P. [\*] (1)

**Peppers:** Dice 3 bell peppers (1/2" dice). Set aside ~2/3 for chicken tacos (3) and ~1/3 for breakfast tacos (6). (3,6)

**Onion:** Chop 1 yellow onion, set aside. (3)

**Garlic:** Finely chop 7-9 garlic cloves for ~2T. Set aside. (1,3,4,6)

**Asparagus:** Cut bottom 2-3" off of asparagus and discard. Toss remaining spears w/ 1T olive oil + ~1tsp chopped garlic + S&P. [\*] (1)

**Stir Fry:** Peel and grate ~1T ginger for stir fry. Store with ~1T chopped garlic. [\*] (4)

**Stir Fry:** Cut 1 head broccoli into bite-sized pieces & 4 carrots into thin coins. [\*] (4) \*Note: chop any remaining carrots for snacking.

**Tomatoes:** Finely chop 2 tomatoes. Set aside 1/2 for breakfast tacos (6) and store for 1/2 for guac. [\*] (3) (3,6)

**Cauliflower:** Roughly chop 1 head of cauliflower. Set aside. (2)

**Chicken:** Slice chicken breasts into 1-2" thin strips. (3)



**Cauliflower:** Bring 4c water to a boil. Add chopped cauliflower, lower to med, simmer 15 min. Turn off heat, cover & set aside. (2)



#### Chocolate Chip Cookies (8)

In a large bowl, mix the following together using a large fork:

2 eggs + 1/3c maple syrup + 2/3c cashew butter + 1tsp vanilla extract + 2 1/2c almond flour + 1/2tsp baking soda + 1/2c coconut oil, melted + 1/2c chocolate chips (or 1/2 chunks & 1/2 chips)

Refrigerate for 10-15 minutes, then roll into 1T balls.

Place balls on parchment-lined baking sheet and bake for 12-14 minutes. Makes ~15 cookies at ~1T/each.



### Breakfast Tacos (6)

Heat ½tsp olive oil in a medium sauté pan, over med-high heat.

Add 1tsp finely chopped garlic + 8oz sliced mushrooms + 1 diced bell pepper. Cook for 10 minutes, stirring occasionally.

Add 1 chopped tomato and cook 5 more minutes. Add 5oz spinach, cook 2 min or until wilting. Season w/ ½tsp salt.

In a bowl, whisk together: 6 eggs + fresh ground pepper.

Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until eggs are just cooked/ firm. [\*] (6)

### Chicken Tacos (3)

Heat ½tsp olive oil in a medium sauté pan, over med-high heat. Add 1 chopped onion & 1tsp chopped garlic. Sauté 3-4 minutes.

Add 2 diced bell peppers & ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.

Add sliced chicken breasts & ¼c taco seasoning. Add ½c water and cook for 10-15 mins or until chicken is cooked through. [\*] (3)



### Mashed Cauliflower (2)

Place cooked cauliflower in blender or food processor, reserving cooking liquid.

Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.

Season to taste w/ S&P. [\*] (2)

### Mustard Dill Salmon (1)

Tear off top half of dill (discarding the thicker stem portion) add to blender or food processor along with 1c grainy mustard. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard). Spread 1-2T mustard-dill sauce on each salmon fillet. [\*] (1)



### Salad (5)

Layer in container as follows:

- ½ of chopped romaine
- ½ of roasted beets
- ¼c pumpkin seeds

Repeat layers. [\*] (5)

**Bison Steaks:** Coat each steak w/ ~1T steak seasoning. [\*] (2)



### Stir Fry Sauce (4)

Combine: 2T low-sodium tamari + 1T toasted sesame oil [\*] (4)

### Balsamic Dressing (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste [\*] (5)

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



## April Menu, Week 2: Dish Day

### Day 1

#### Mustard-Dill Salmon w/ Asparagus & Purple Potatoes (1)

1. Preheat oven to 425 F. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, removing half way through.
2. Bake salmon for 18-22 minutes, or just cooked through, flaky.
3. Push potatoes to one side and add asparagus to baking sheet. Roast both for 10-12 minutes.

### Day 2

#### Bison Strip Steaks w/ Roasted Green Beans & Mashed Cauliflower (2)

1. Preheat oven to 400 F. Place mashed cauliflower, covered, in oven for 40-50 minutes or heated through (option to microwave).
2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Meanwhile, roast green beans in oven for 12-14 minutes.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

### Day 3

#### Chicken & Bell Pepper Tacos w/ Jicama & Guacamole (3)

1. Reheat chicken & peppers in a sauté pan over med-high heat for 5-7 minutes, stirring occasionally (may need to add water).
2. Make guac: mash 2 avocados, stir in chopped tomato + juice of 1 lime + salt to taste. Reserve ½ of guac for breakfast.

Note: Store remaining guac w/ avo pit to help prevent browning.

3. Serve chicken tacos in warmed corn tortillas. Serve jicama slices dipped in guacamole on side.

**Note: place shrimp in fridge to defrost for dinner tomorrow, D4.**

### Day 4

#### Shrimp Stir Fry w/ Broccoli & Carrots Over Rice (4)

1. Defrost shrimp in fridge or cold water if not done on D3.
2. Reheat rice in 375 F oven for ~40 minutes or option to microwave.
3. Heat 1tsp oil in lg sauté pan over high heat, add ~1T chopped garlic + ~1T grated ginger + 1-1½# shrimp, cook 1 minute.
4. Add chopped carrots & broccoli, continuing to stir, and cook for ~6-8 mins.
5. Add Stir Fry sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.

### Salad

#### Romaine w/ Roasted Beets & Pumpkin Seeds (5)

1. Let salad dressing come to room temp (~30 mins) and shake well. Drizzle 1-2T/ serving of salad.

### Breakfast

#### Breakfast Tacos (6)

1. Add 1tsp oil + egg mixture to a sauté pan, heat over med-high heat for 4-5 min.
2. Serve in warmed corn tortillas w/ ½ of guacamole (instructions on D3), saving ½ for D3 if not already eaten.

Note: Store remaining w/ avo pit to help prevent browning.

### Snack

#### Kiwis w/ Brazil Nuts (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + ¼c brazil nuts.

### Dessert

#### Chocolate Chip Cookies (8)