



April Menu, Week 3: Grocery List

Serves 4

1. Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes & Snap Peas
2. Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel
3. Meal 3: Slow Cooker BBQ Ribs w/ Potato Salad & Steamed Broccoli
4. Meal 4: California Veggie Salad
5. Salad: Spinach w/ Mango, Avocado & Walnuts
6. Breakfast: Eggs Baked in Avocado w/ Oranges
7. Snack: Celery w/ Olive Dip
8. Dessert: Cherry Cobbler



Herbs

1 bunch green onions (3)
1 clove garlic (7)



Fruits

4 oranges (6)
1 ripe mango (5)



Dairy (optional)

1c full fat greek yogurt (7)
½c butter, unsalted (8)
(OR sub ½c coconut oil)



Pantry

~28oz strained tomatoes (1,3)*
(OR sub pureed tomatoes)
1 can chickpeas (4)
1c sliced kalamata olives (7)
½c mayo (3,7)*
1-2T grainy mustard (3)*
~½c honey (1,3)
1¼c almond flour (8)
1tsp almond extract (8)
(OR sub with vanilla extract)



Veggies

2 large carrots (2)
2 large parsnips (2)
1 fennel bulb (2)
1 bunch celery (3,7)
6-8 avocados (4,5,6)
3-4c snap peas (1)
1 large head broccoli (3)
1 pint cherry tomatoes (4)
2 large sweet potatoes (1)
2# red potatoes (3)
5oz spinach (5)
5oz mixed greens (4)



Meats

3# baby back ribs (3)
4 chicken leg quarters (2)
(bone-in, skin-on)



Seafood

1-1½# shrimp, peeled,
deveined, tails removed (1)



Nuts & Dry Fruit

½c walnuts (5)
½c sunflower seeds (4)
1½c medjool dates, ~10 (8)
1c pecans (8)
½c shredded coconut (8)
(unsweetened)



Oils & Vinegars

~2c olive oil
¼c balsamic vinegar (5)
¼c apple cider vinegar (1,3)
½c red wine vinegar (2,4)



Frozen

20oz frozen dark cherries (8)



Eggs

8-12 eggs (omega-3) (4,6)



Spices

3-4T chili powder (1,3)*
1T oregano (2,4)
1T Italian seasoning (2)*
1T cinnamon (8)
1tsp ground ginger (8)



April Menu, Week 3: Prep Day

Preheat oven 375 F (1)



Sweet Potatoes: Pierce 2 large sweet potatoes with a fork. Bake at 375 F for 55-65 min or until soft & cooked through. Cool. (1)



Potato Salad: Finely dice 2 celery stalks & 1 bunch green onions, set aside. Cut 2# red potatoes into 1-2" pieces, set aside. (3)

Root Veggies: Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens.

Toss veggies together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (2)

Snack: Cut remaining celery into 2-3" pieces and slice any remaining carrots into sticks for snacking with dip. [*] (7)

Oranges: Cut 4 oranges into quarters for breakfast. [*] (6)

Mango: Dice 1 mango into small pieces for salad, set aside. (5)

Dip: Chop 1c sliced kalamata olives and finely chop or grate 1 clove garlic. Set aside. (7)

Broccoli: Cut 1 head into bite-sized pieces. [*] (3)



Eggs: Place 4 eggs in a pot & cover w/ water. Bring water to a boil for ~5 min. Cover w/ lid & remove from heat for 20 min. [*] (4)

Potatoes: Place 2# red potatoes, chopped, in a large pot & cover w/ water. Bring to a boil & cook ~15-20 min or fork tender. Remove from heat and cool. (3)



Cobbler (8)

To make cobbler topping, place in food processor or blender:

- ½c butter or coconut oil
- 1½c dates (pits removed)
- 1c pecans
- 1c almond flour
- ½c unsweetened shredded coconut
- 1T cinnamon
- 1tsp ground ginger
- ½tsp salt

Pulse until combined and it begins to form a ball.

In a separate bowl, toss 20oz frozen dark cherries w/ ¼c almond flour + 1tsp almond extract. Place on the bottom of 9x9" pan. Top with cobbler topping from above (does not have to cover completely). Cover with foil. [*] (8)



Sweet Potatoes: Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [*] (1)

Olive Dip (7)

In a bowl, combine the following until smooth:

1c full fat greek yogurt + ¼c mayo + 1c sliced kalamata olives + + 1 finely chopped or grated garlic clove + S&P [*] (7)

Note: to make this dip dairy-free, omit yogurt and increase mayo to 1c.

Honey BBQ Sauce (1,3)

Whisk together (can also use a blender):

- ~28oz can strained (or pureed) tomatoes
- 3-4T chili powder
- ¼c apple cider vinegar
- ½c honey
- S&P (~¼tsp salt)

You will use ~½c sauce for ribs and ~1c for shrimp. [*] (1,3)

Potato Salad (3)

To make dressing, whisk together:

¼c mayo + 1-2T grainy mustard + 1T olive oil + S&P.

Drain and mash boiled potatoes using a fork. Then mix in dressing + 2 celery stalks & 1 bunch green onions, both chopped. [*] (3)

Salad (4)

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

- ½ of mixed greens
- ½ pint cherry tomatoes
- ¼c sunflower seeds
- ½ can chickpeas, drained & rinsed

Repeat layers. [*] (4)

Side Salad (5)

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

- ½ of spinach
- ¼c chopped walnuts
- ½ diced mango

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together: ½c oil + ¼c balsamic vinegar + pepper. [*] (5)

Italian Dressing (2,4)

Whisk together:

- 1c olive oil
- ½c red wine vinegar
- 1T dried oregano
- S&P to taste

You will use ½ of the dressing to marinade the Italian Chicken and ½ as dressing for the California Salad. [*] (2,4)

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



April Menu, Week 3: Dish Day

Day 1

BBQ Shrimp w/ Mashed Sweet Potatoes & Snap Peas (2) **Marinate shrimp in 1/2c BBQ sauce 30 mins to 1 hr**

1. Preheat oven to 425 F.
 2. Warm mashed sweet potatoes in oven, covered, ~30-40 minutes.
 3. Remove shrimp from marinade and place on sheet pan in single layer. Roast ~10 min or until shrimp are cooked.
 4. Steam (or boil) snap peas for 2-3 minutes. Season w/ salt.
 5. Serve shrimp with additional 1/2c BBQ sauce. (Remaining ~1 1/2c BBQ sauce will be used for Ribs on D3.)
 6. Prep Chicken for Day 2: Place 4 chicken quarters in 1/2 of the Italian dressing marinade and store overnight.
- **Note: reserve other 1/2 of Italian dressing for D4.

Day 2

Italian Chicken w/ Roasted Carrots, Parsnips & Fennel (2)

1. Preheat oven to 425 F. If you didn't marinate chicken on D1, add to 1/2 of Italian Dressing & marinate while oven preheats.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F). Toss veggies halfway through cooktime.

Day 3

Slow Cooker BBQ Ribs w/ Potato Salad & Steamed Broccoli (3) *Cooks all day in Slow Cooker*

1. Place ribs + ~1 1/2c BBQ sauce in slow cooker on high for 4-6 hours or low for 8-10 hours.
2. At dinner: steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.

Day 4

California Veggie Salad (4)

1. Let Italian dressing come to room temp, shake well.
2. Slice 2 avocados. Peel & slice 4 hard boiled eggs. Add both to top of salad. Drizzle 1-2T Italian dressing over each serving.

Salad

Spinach w/ Mango, Avocado & Walnuts (5)

1. Let vinaigrette come to room temp, shake well.
2. Cut 2 avocados into cubes, add to salad.
3. Toss w/ balsamic dressing or add 1T/serving.

Breakfast

Eggs Baked in Avocado w/ Oranges (6)

1. Preheat oven to 425 F. Cut 2-4 avocados in half.
2. Crack 1 egg (4-8 eggs total) into each avocado half and bake for 18-24 min or desired egg doneness. Season w/ S&P.

Snack

Celery w/ Olive Dip (7)

Dessert

Cherry Cobbler (8)

1. Bake in preheated 375 F oven for ~30 minutes.