



April Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli
2. Meal 2: Lamb Burgers w/ Greek Salad
3. Meal 3: Slow Cooker Beef Ragu over Spaghetti Squash
4. Meal 4: Thai Coconut Chicken & Veggie Soup
5. Salad: Spinach, Blueberry, Pecans & White Cheddar
6. Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash
7. Snack: Blueberries & Pistachios
8. Dessert: Chocolate Dipped Strawberries



Herbs

1 bunch fresh cilantro (4,6)
 1 bunch fresh dill (1,2)
 2 cloves garlic (6)
 ~2" knob ginger (4)



Fruits

3 pints blueberries (5,7)
 2 limes (4)
 2 lemons (1)
 1 pint strawberries (8)



Dairy (optional)

4oz grassfed white cheddar (5)
 1 sm wedge parmesan (3)
 2T grassfed butter (6)



Pantry

15-18oz crushed tomatoes (3)*
 4c chicken broth (4)*
 1 can lite coconut milk (4)
 1T Thai curry paste (4)*
 1 can (~14oz) artichoke hearts in water (2)
 1/2c kalamata olives (2)
 1c dark chocolate discs or chips (8)
 4 GF hamburger buns, optional (2)



Veggies

2# carrots (1,3)
 1 head broccoli (1)
 1 large spaghetti squash (3) (OR 2 small)
 1 red bell pepper (4)
 1 pint cherry tomatoes (2)
 1 cucumber (2)
 2 bok choy (4)
 2c shiitake mushrooms (4)
 8oz sliced mushrooms (6)
 1 lg sweet potato (6)
 1 yellow onion (4,6)
 10oz tub spinach (5,6)



Meats

1 large bone-in, skin-on chicken breast, 3/4-1# (4)
 1 1/2# beef stew meat (3) (grassfed preferred)
 1-1 1/2# ground lamb (2) (OR sub ground beef/ turkey)
 1# ground bison (6) (OR sub ground beef)



Nuts

2c pistachios, in shells (7)
 1/2c chopped pecans (5)



Oils & Vinegars

~1 1/4c olive oil
 1/4c balsamic vinegar (5)
 1T red wine vinegar (2)
 4T white vinegar, optional (6)



Spices

1T cumin (6)
 1T chili powder (6)
 1tsp cayenne pepper, optional (4)
 1T dried basil (2)
 1 1/2T Italian seasoning (3)*



Eggs

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



Seafood

4 cod fillets (1)
 (OR sub salmon or Chilean sea bass)

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



April Menu, Week 4: Prep Day

Preheat oven to 350 F. (3)



Spaghetti Squash (3)

Pierce spaghetti squash with a knife. Roast whole for ~2 hrs (or ~1½ hrs for 2 small) or until a knife easily pierces the skin. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool.

Remove seeds from cooked and cooled spaghetti squash and discard seeds. Scoop out squash. [*] (3)



White Cheddar: Chop 4oz white cheddar into small cubes for salad, enough for ~¼c. Set aside. (5)

Lemons: Cut 2 lemons into thin circular slices for baked fish. [*] (1)

Limes: Cut 2 limes in wedges. [*] (4)

Thai Soup: Finely chop 2 bok choy, 1 red bell pepper; slice 2c shiitake mushrooms; grate ginger to equal 1T, set aside. (4)

Sweet Potato: Cut 1 sweet potato into small, bite-sized cubes (peeling optional) & chop 2 garlic cloves. Set aside. (6)

Onion: Finely chop 1 yellow onion and set aside ½ for soup (4) & ½ for hash (6). (4,6)

Dill + Carrots + Broccoli: Cut 4 carrots into bite-sized pieces. Cut broccoli into bite-sized pieces. Finely chop dill for 1-2tsp.

Toss carrots & broccoli w/ 1-2T olive oil + chopped dill + S&P. [*] (1)

Greek Salad: Halve 1 pint cherry tomatoes, dice 1 cucumber & cut 1 can artichoke hearts (drained) into bite-sized pieces. Set aside. (2)

Optional: chop any remaining dill to include in Greek salad. Set aside. (2)

Carrots: Roughly chop 3-4 carrots into ½"-1" pieces. [*] (3) Note: Chop any remaining carrots into sticks for snacking.

Cilantro: Finely chop 1 lg handful cilantro for soup. [*] (4) Option to chop remainder for hash (6). (4,6)



Thai Soup (4)

Heat large soup pot over med-high. Add 1 large bone-in, skin-on chicken breast, skin side down.

Add chopped veggies (½ onion, 2 bok choy, 2c sliced shiitake mushrooms, 1 bell pepper) + 1T grated ginger + 1T Thai curry paste.

Sauté for ~5 min, stirring. Add 4c chicken broth + 1 can lite coconut milk + 2c water (add more water if needed), bring to a low boil & cook for 15 min. Remove chicken & cool. Cut meat from bone and chop. Return meat to soup and cook 10-15 min.

Optional: Season w/ up to 1tsp cayenne pepper (add gradually as this adds heat!). [*] (4)



Hash (6)

In lg sauté pan, add:

1# ground bison + 1 diced sweet potato + ½ diced onion + 2 chopped garlic cloves + 8oz sliced mushrooms + 5oz spinach.

Break apart bison meat and season with: 1T chili powder + 1T cumin + S&P. Sauté 15 min, stirring occasionally.

Stir in chopped cilantro, optional. Shut off heat. Allow to cool. [*] (6)

Chocolate Dipped Strawberries (8)

Place 1c dark chocolate discs or chips in a small pan over low heat, stirring constantly until just melted.

Remove chocolate from heat & dip 1 pint whole strawberries into dark chocolate. Place on parchment paper or foil. Cool. [*] (8)



Greek Salad (2)

Toss together the following:

- 1 pint cherry tomatoes, halved
- 1 cucumber, diced
- 14oz artichoke hearts, drained & diced
- ½c sliced kalamata olives
- 1T olive oil
- 1T red wine vinegar
- 1T dried basil
- 1-2T fresh chopped dill, optional
- S&P to taste [*] (2)

Side Salad (5)

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

- 2.5oz spinach
- ¼c chopped pecans
- ½ pint blueberries
- 2oz white cheddar cubes

Repeat layers. [*] (5)

Lamb Burgers (2)

Season 1-1½# ground lamb w/ S&P & form into 4 patties. [*] (2)



Balsamic Vinaigrette (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 4: Dish Day

Day 1

Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli (1)

1. Preheat oven to 400 F. Place carrots & broccoli in single layer on baking sheet & roast ~35 minutes.
2. Place cod on a baking sheet, drizzle with olive oil (~1tsp/ fillet), season w/ S&P and spread lemon slices on top.
3. Bake cod for 18-20 min or until fish is flaky.

Day 2

Meal 2: Lamb Burgers w/ Greek Salad (2)

1. Heat grill or large saute pan to medium-high for burgers. Cook 3-4 min on each side or until desired doneness.
2. Serve in buns, optional, with Greek Salad on the side.

Day 3

Slow Cooker Beef Ragù over Spaghetti Squash (3)

1. In slow cooker place: 1½# stew meat + 15-18oz crushed tomatoes + 1½T Italian seasoning + 3-4 chopped carrots + S&P.
2. Cook on low 8-10 hours or high for 4-6 hours.
3. Preheat oven to 350 F and reheat spaghetti squash for 50-60 min or reheat on stovetop or in microwave.
4. Option: Serve w/ grated or shredded parmesan on top.

Day 4

Thai Coconut Chicken & Veggie Soup (4)

1. Reheat on stovetop, on low, until bubbly/ heated through, stirring occasionally.
2. Serve w/ chopped cilantro & lime wedges.

Salad

Spinach, Blueberry, Pecans & White Cheddar (5)

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

Breakfast

Bison, Sweet Potato, Spinach & Mushroom Hash (6)

1. Reheat in has large sauté pan over med-high heat, 6-8 min or heated through.
2. Top with 1-2 poached or fried eggs per person.

Poached Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.

Pan Fried Egg: Heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Snack

Blueberries & Pistachios (7)

Enjoy ~½c blueberries + ~¼-½c pistachios (in shell) per serving.

Dessert

Chocolate Dipped Strawberries (8)