



April Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Ginger-Lime Salmon w/ Coconut Quinoa & Sautéed Gingered Mushrooms & Spinach
2. Meal 2: Garlic Pork Chops w/ Fingerlings & Brussel Sprouts
3. Meal 3: Balsamic Chicken Tenders w/ Quinoa, Artichoke, Tomatoes & Feta
4. Meal 4: Grassfed Beef, Bacon & Avocado Burgers w/ Sweet Potato Wedges
5. Salad: Spinach w/ Mandarin Oranges, Chopped Pecans & Avocado
6. Breakfast: Eggs w/ Plantains & Bacon
7. Snack: Mini Bell Peppers
8. Dessert: Mango



Veggies

3" knob ginger (1)
1 head garlic (1)
1# Brussels sprouts (2)
1 pint cherry tomatoes (3)
4 avocados (4,5)
1 bag mini bell peppers (7)
16oz sliced mushrooms (1)
1½# fingerling potatoes (2)
(OR sub mini new potatoes)
2 lg sweet potatoes (4)
10oz spinach (1,5)
romaine lettuce for wraps (4)
(OR GF buns)



Meats

4-8 thin cut, bone-in pork chops (2)
2# chicken "tenders" (3)
(OR sub 4 breasts)
1-1½# ground beef (4)
1# thin-cut bacon (4,6)*



Dairy (optional)

4oz feta crumbles (3)



Pantry

⅓c lite coconut milk (1)*
1½c uncooked quinoa (1,3)
14oz artichoke hearts in water (3)*
½c sliced kalamata olives (3)
10oz mandarin oranges in water (5)



Nuts & Dried Fruits

½c chopped pecans, optional (5)
2T pinenuts, optional (3)



Fish

4 salmon fillets, 4-6 oz ea (1)
(OR sub halibut or tuna)



Oils & Vinegars

~½c olive oil
½c balsamic vinegar (3,5)



Spices

2T garlic salt (2,4)
(OR ~1T garlic powder)



Fruit

4 fresh mango (8)
(OR sub frozen)
4 plantains (6)
2 limes (1)



Eggs

8-16 eggs, omega 3 (6)

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



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

Preheat oven to 400 F (4,6)



Quinoa: Place 1½c quinoa + 3c water in a small pot, cover and cook for 15-20 in over medium heat. (1,3)



Artichoke & Tomato: Drain & chop 14oz artichoke hearts. Halve 1 pint cherry tomatoes. Set aside in large mixing bowl. [*] (3)

Sweet Potato: Peel & cut 2 potatoes into wedges, toss w/ 2T olive oil + 1T garlic salt OR ½ tsp garlic powder + ½ tsp salt. [*] (4)

Plantain: Peel & cut 4 plantains for breakfast (I prefer cutting in half & then cut each half into quarters). [*] (6)

Ginger & Lime: Peel & grate ginger for ~2T. Thinly slice 2 limes in circles. Spread ginger & lime slices on top of 4 salmon fillets. [*] (1)

Ginger & Garlic: Peel & chop ~½ of ginger knob for ~1T & chop 2-3 cloves garlic for ~1T; store together for veggies. [*] (1)



Bacon: Place 1# bacon in a single layer on a baking sheet. Bake for 15-20 minutes. [*] (4,6)



Salad (5)

Layer in a container as follows (option to use 5oz spinach container):

- ~2.5oz spinach
- ½ can mandarin oranges, drained
- ¼c pecan pieces, optional

Repeat layers. [*] (5)

Potatoes & Brussels: Toss 1½# fingerling (or new) potatoes + 1# Brussels with 2-3T olive oil + S&P. [*] (2)

Quinoa (1,3)

Mix 3c cooked quinoa + ½c coconut milk. [*] (1)

In a separate bowl toss together remaining quinoa (~1c) + 14oz chopped artichoke + 1 pint halved tomatoes + ½c sliced kalamata olives + 4oz feta cubmles (optional) + 2T pinenuts (optional). Season w/ fresh ground pepper & a drizzle of olive oil.[*] (3)

Balsamic Dressing/ Marinade: Whisk together: 1c olive oil + ½c balsamic vinegar. Season w/ S&P. [*] (3,5)

Burgers: Form 1-1½# ground beef into 4 patties, season w/ S&P. [*] (4)

Pork: Spread each chop with ~¼tsp garlic salt or mix together 2tsp garlic powder + ½tsp salt and sprinkle over 4 chops. [*] (2)

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



April Menu, Super Fast: Dish Day

Day 1

Ginger-Lime Salmon w/ Coconut Quinoa & Sautéed Gingered Mushrooms & Spinach (1)

1. Preheat oven to 425 F.
2. Place ginger-lime salmon on a baking sheet and bake for 16-18 min or just cooked through/ flaky.
3. Heat 1tsp coconut or olive oil in large saute pan over med-high heat.
4. Add chopped ginger & garlic + 2 tubs sliced mushrooms + 5oz spinach to pan. Sauté ~15 min. Season to taste w/ S&P.

Day 2

Garlic Pork Chops w/ Fingerlings & Brussels Sprouts (2)

1. Preheat oven to 425 F.
2. Place potatoes & Brussels in a single layer on a baking sheet & bake for 35-45 minutes.
3. Bake pork chops 20-35 minutes, depending on thickness of chops. Internal temperature should reach 145 F.

Day 3

Balsamic Chicken Tenders w/ Quinoa, Artichoke, Tomatoes & Feta (3)

1. Preheat oven to 400 F and marinate chicken tenders in 1c balsamic marinade while oven Preheats (~15-20 min).
2. Remove tenders from marinade and place in single layer on baking sheet. Bake 10-12 min or internal temp of 165 F.

Day 4

Grassfed Beef, Bacon & Avocado Burgers w/ Sweet Potato Wedges (4)

1. Preheat oven to 425 F. Place sweet potatoes in oven and roast for 25-35 minutes, tossing half-way through.
2. Cook burgers on a grill (outdoor or indoor), ~4-5min/ side OR bake in 425 F oven ~20-25min.
3. Slice 2 avocados. Serve burgers in romaine lettuce wraps or on a GF bun with sliced avocado & cooked bacon slices.

Salad

Spinach w/ Mandarin Oranges, Chopped Pecans & Avocado (5)

1. Chop 1-2 avocados and add to salad. Shake balsamic vinaigrette well & drizzle over salad.

Breakfast

Eggs w/ Plantains & Bacon (6)

1. Heat 1T coconut or olive oil in large saute pan. Cook plantains 3-4 min/ side or until golden brown on all sides.
2. Add 1-2 eggs/ person to pan and fry until desired doneness. Option to reheat cooked bacon in pan to serve on side.

Snack

Mini Bell Peppers (7)

Dessert

Mango (8)