



June Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Garlic Shrimp, Tomatoes & Green Beans w/ Rice
2. Meal 2: California Salad w/ Egg, Avocado, Chickpea, Sunflower Seed, Tomato & Mushroom
3. Meal 3: Soy Marinated Chicken Thighs w/ Rice & Sautéed Spinach
4. Meal 4: Grilled Lamb Chops w/ Grilled Red Onion, Asparagus & Zucchini
5. Salad: Salad w/ Apricot, Feta & Cucumber
6. Breakfast: Banana Pancakes
7. Snack: Hard Boiled Egg
8. Dessert: Fudgesicles



Veggies

- 1 bulb garlic (1,3)
- 2-3c trimmed green beans (1)
(OR sub asparagus)
- 2 pints cherry tomatoes (1,2)
- 8oz sliced mushrooms (2)
- 2 avocados (2)
- 1 red onion (4)
- 2 zucchini (4)
- 1 bunch asparagus (4)
- 1 cucumber (5)
- 10oz baby spinach (3)
- 5oz bag chopped romaine (2)
- 5oz tub mixed greens (5)



Meats

- 1-2# boneless, skinless chicken thighs (3)
- 8 lamb rib chops (4)
(OR sub steak or burgers)



Fish

- 1-2# shrimp (1)
(peeled, deveined)



Dairy (optional)

- 4oz crumbled feta (5)



Nuts

- 1/4c sunflower seeds (2)



Pantry

- 1 can chickpeas, optional (2)
- 1/2c low-sodium tamari (1)*
(OR coconut aminos)
- 2c uncooked white rice (1,3)
- 3 cans full fat coconut milk (8)
- 1/2c cocoa powder (8)
- 1/2c honey (8)
- 1T vanilla extract (8)*
- 4T almond butter (6)*



Fruit

- 4 bananas (6)
- 4 apricots (5)
(OR sub dried apricots)



Eggs

- 14 eggs, omega 3 (2,6,7)



Oils & Vinegars

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

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



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



Rice: Place 2c rice + 6c water in a pot, cover with a lid and cook over low (or cook according to package instructions.) [*] (1,6)

Eggs: Place 10 eggs in a pot & cover w/ water. Bring water to a boil for ~5min. Cover w/ lid & remove from heat for 20min. [*] (2,7)



Garlic: Finally chop 6-8 cloves garlic. [*] (1,3)

Grilled Veg: Cut & discard lower 2" from 1 bunch asparagus; cut 1 red onion & 2 zucchini into ~1" thick slices for the grill. [*] (4)

Apricot & Cucumber: Cut 4 apricots & 1 cucumber into ~1/2" dice, set aside for salad. (5)



California Salad (2)

Toss together:

5oz chopped romaine + 1 can chickpeas, drained + 1/4c sunflower seeds + 1 pint cherry tomatoes + 8oz tub sliced mushrooms. [*] (2)

Salad (5)

Layer in a container (you can use mixed greens container) as follows:

1/2 tub mixed greens

2 apricots, chopped

1/2c chopped cucumber

2-3oz feta cheese crumbles (optional)

Repeat layers. [*] (5)

Chicken Marinade: Marinate chicken thighs in 1/2c gluten-free soy sauce (or tamari or coconut aminos). [*] (3)

Balsamic Dressing: Place in vinaigrette bottle & shake: 1c olive oil + 1/2c balsamic vinegar. [*] (2,5)



Fudgesicles (8)

Place the following in a blender:

3 cans full fat coconut milk + 1/2c honey (increase for a sweeter ice cream) + 1/2c cocoa powder + 1T vanilla extract

Blend until smooth/ combined. Pour into popsicle molds and freeze. (8)

Banana Pancakes (6)

Place the following in a blender: 4 bananas + 4 eggs + 4T almond butter & blend until smooth. [*] (6)

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



June Menu, Super Fast: Dish Day

Day 1

Garlic Shrimp, Tomatoes & Green Beans w/ Rice (1)

1. Re-heat rice, covered, in 350F oven for 30-40 minutes OR on stovetop w/ 1-2T water to prevent sticking. **Reserve ½ rice for D3.
2. In a large sauté pan, heat 1-2T olive oil. Add 2-3c trimmed green beans & 1 pint cherry tomatoes. Cook 2-3 minutes.
3. Add 1-2# shrimp + chopped garlic (reserve 1T for Day3) to pan, cook/ stir 5-8 min. Cook until shrimp turns color. Season w/ S&P.

Day 2

California Salad w/ Egg, Avocado, Chickpea, Sunflower Seed, Tomato & Mushroom (2)

1. Peel & slice 2 hard boiled eggs & 2 avocados, place on salad. Drizzle ½ balsamic vinaigrette over salad, saving half for side salad.

Day 3

Soy Marinated Chicken Thighs w/ Rice & Sautéed Spinach (3)

1. Pre-heat oven to 400 F. Cover rice and place in oven for 30-40 minutes or until heated through.
2. Remove chicken from marinade and bake in a single layer for 35-40 minutes or cooked through to 165 F.
3. Heat 1tsp olive oil in a lg sauté pan over med-high heat. Add 1T chopped garlic & 10oz spinach. Cook 5-7 min & season w/ S&P.

Day 4

Grilled Lamb Chops w/ Grilled Red Onion, Asparagus & Zucchini (4)

1. Heat grill to medium-high.
2. Season veggies w/ S&P & a drizzle of 2-3 T olive oil. Cook veggies directly on grill, 7-10 minutes, flipping as needed.
3. Season chops w/ S&P and cook on grill 4-5 min/ side or until desired doneness.

Salad

Salad w/ Apricot, Feta & Cucumber (5)

1. Shake balsamic vinaigrette well & drizzle over salad. **Reserve ½ of dressing for D2 salad.

Breakfast

Banana Pancakes (6)

1. Heat pancake griddle over 350 F or large saute pan with 1-2 T olive or coconut oil to medium heat.
2. Pour ¼c pancake batter and cook 2-3 min per side or until golden brown and cooked through, repeat.

Snack

Hard Boiled Eggs (7)

Dessert

Fudgesicles (8)