



May Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Shrimp Cobb Salad
2. Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus
3. Meal 3: Grassfed Steaks w/ Baked Potatoes & Green Beans
4. Meal 4: Mediterranean Frittata
5. Salad: Spinach Salad w/ Oranges, Fennel & Avocado
6. Breakfast: Grain-Free Cranberry Pecan Granola
7. Snack: Hard Boiled Eggs
8. Dessert: Banana Cherry Nice Cream



Herbs

2 cloves garlic (4)



Veggies

3-4 avocados (1,5)
1 small fennel bulb (5)
2 pints cherry tomatoes (1,4)
1 bunch asparagus (2)
3-4c green beans (3)
1 red onion (4)
4 small russet potatoes (3)
3 lg Hannah sweet potatoes (2)
(OR sub with Jewel)
10oz baby spinach (4,5)
1 head romaine lettuce (1)



Meats

4 grassfed tenderloin steaks,
5-7oz each (3)
4 boneless, skinless chicken
breasts, 4-6oz each (2)
1 package thin-cut bacon (1)



Seafood

1-1½# shrimp, peeled and
deveined (1)



Dairy (optional)

4oz blue cheese crumbles (1)
4oz feta crumbles (4)
milk or yogurt of choice for
granola (6)



Nuts & Dry Fruit

2c pecans (6)
1c walnuts (6)
½c dried cranberries (6)*
1c medjool dates, ~8 (6)



Pantry

14oz can artichoke hearts (4)
(in water)
½c sliced kalamata olives (4)
¼c grainy mustard (2)*
2T honey (2)



Spices

¼c steak seasoning (3)*
½T basil (1)
1T tarragon (2)
1T herbes de Provence (4)*
(OR sub w/ Italian seasoning)



Fruits

2 oranges (5)
1 pint strawberries (4)
8 bananas (8)
berries or bananas for granola,
optional (6)



Eggs

20 eggs (omega-3) (1,4,7)



Frozen

2c frozen cherries (8)



Oils & Vinegars

~1½c olive oil
¼c coconut oil (6)
(OR sub ¼c butter)
¼c balsamic vinegar (5)
¼c red wine vinegar (1)

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



May Menu, Week 1: Prep Day

Preheat oven to 350 F. (1,3,4,6)



Baked Potatoes: Pierce 4 russet potatoes with a fork. Bake at 350 F for 55 - 65 mins or until soft/ cooked through. Cool. [*] (3)

Bacon: Bake 4 slices in single layer on sheet pan, ~20 mins or cooked/ crispy. Set aside. [*] (1)
Option: bake any remaining bacon to eat with breakfast this week or to stir into frittata, below.



Bananas: Cut 8 bananas into quarters and freeze in a single layer. Once frozen you can place in baggy or container. [*] (8)

Green Beans: Cut ends off of 3-4c green beans. Toss w/ 1T olive oil + S&P. [*] (3)

Asparagus: Cut ends off of 1 bunch asparagus. Toss w/ 1T olive oil + S&P. [*] (2)

Sweet Potatoes: Peel & cut 3 sweet potatoes into small, ½" cubes. Toss w/ 1-2T olive oil + 1T tarragon + S&P. [*] (2)

Frittata: Finely chop 1 red onion + 2 cloves garlic + 1 can artichoke hearts (drained). Cut 1 pint tomatoes in half. Set aside. (4)

Cobb Salad: Finely chop 1 head romaine lettuce. Halve 1 pint cherry tomatoes. Store together if eating in 24 hrs, if not store separately. [*] (1)

Side Salad: Peel & cut 2 oranges into small segments; thinly slice 1 fennel, bulb only (works well using a mandolin). Set aside. (5)



Frittata (4)

Heat 1tsp oil in lg sauté pan, over med-high heat.

Add 1 chopped red onion + 1 halved cherry tomatoes + 2 chopped garlic cloves + 1T herbes de Provence + S&P. Cook 6-8 min.

Add 5oz baby spinach + 1 can chopped artichoke hearts + ½c sliced kalamata olives, cook for 2 more min. Set aside to cool. (4)



Eggs: Place 12 eggs in a pot & cover w/ water. Bring to a boil for ~5 mins. Cover w/ lid & remove from heat for 20 mins. [*] (1,7)

Shrimp: Bring a med pot of water to a boil. Add 1-1½# shrimp & cover. Remove from heat and cook 10 mins or just cooked. [*] (1)



Frittata (4)

In a large bowl, whisk together 8 eggs.

Stir in: Cooled, sautéed veggies (from above) + 4oz feta crumbles (optional) + S&P, to taste.

Put into oiled 9x9" dish or pie pan and bake at 350 F for 40-45 mins or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [*] (4)



Granola (6)

Place the following in a food processor or blender:

- 1c medjool dates, ~8 (pits removed)
- 2c pecans
- 1c walnuts
- ½c dried cranberries
- ¼c coconut oil (or butter)

Blend until chopped and combined.

Place in a single layer on a baking sheet. Bake at 350 F for 15-20 minutes or until just toasted. Allow to cool.

Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months. [*] (6)



Side Salad (5)

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

- ~2.5oz of baby spinach
- ½ of segments from 2 oranges
- ½ chopped fennel bulb

Repeat layers. [*] (5)

Chicken (2)

Whisk together:

- ¼c grainy mustard
- 2T honey
- 1T olive oil

Pour over chicken breasts. [*] (2)

Grassfed Steaks (3)

Coat each steak w/ ~1T steak seasoning. [*] (3)



Balsamic Vinaigrette (5)

Whisk together:

- ½c olive oil
- ¼c balsamic vinegar
- pepper [*] (5)

Red Wine Vinaigrette (1)

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- ½T dried basil
- pepper [*] (1)

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



May Menu, Week 1: Dish Day

Day 1

Shrimp Cobb Salad (1)

1. Bring red wine vinaigrette to room temp (~20 mins). Slice 2 avocados. Peel & quarter 4 hardboiled eggs.
2. Toss chopped romaine & tomatoes w/ avocado + shrimp + eggs + 4 slices crumbled bacon + 4oz blue cheese crumbles.
3. Top w/red wine vinaigrette.

Day 2

Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus (2)

1. Preheat oven to 375 F.
2. Place sweet potatoes in single layer on sheet pan. Roast 30-40 mins or just browned & tender. Toss halfway through cooking.
3. Place chicken in baking pan and bake for ~35 mins or cooked through until meat thermometer reaches 165 F.
4. Place asparagus on baking sheet in single layer and roast for 10-12 mins, tossing halfway through cook time.

Day 3

Grassfed Steaks w/ Baked Potatoes & Green Beans (3)

1. Preheat oven to 400 F. Place baked potatoes in oven for ~20 minutes or completely reheated.
2. Place green beans in a single layer on sheet pan. Roast for ~20 minutes, tossing halfway through cook time.
3. 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.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Day 4

Mediterranean Frittata (4)

1. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through. Serve w/ fresh strawberries.

Salad

Spinach Salad w/ Oranges, Fennel & Avocado (5)

1. Let balsamic vinaigrette come to room temp, shake well. Dice 1-2 avocados.
2. Toss balsamic vinaigrette into salad (or add 1T/ serving). Top with diced avocados.

Breakfast

Grain-Free Cranberry Pecan Granola (6)

1. Option to serve with yogurt or milk of choice and/or serve with sliced bananas or berries of choice.

Snack

Hard Boiled Eggs (7)

1. One serving = 2 eggs.

Dessert

Banana Nice Cream (8)

1. In a food processor or blender, add 2 frozen bananas (8 quarter pieces) + ½c frozen cherries and blend on high until smooth.
2. Yields ~2 servings, repeat as desired for additional servings.

**Note: it may help to allow fruit to defrost at room temp for 3-5 min before blending.