



# May Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Roasted Sea Bass w/ Mango Salsa, Forbidden Rice & Cucumber
2. Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips
3. Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges
4. Meal 4: Soy Marinated Chicken Thighs w/ Sauteed Spinach & Rice
5. Salad: Mango, Avocado & Macadamia Nut Salad
6. Breakfast: Moroccan Hash
7. Snack: Snap Peas
8. Dessert: Peanut Butter Brownies



## Herbs

1 bunch green onions (1,2)  
1 bulb garlic (2,4)



## Veggies

1# carrots (2)  
3 large parsnips (2)  
2 large zucchini (3)  
1 large cucumber (1)  
2 avocados (2,5)  
4c snap peas (7)  
1 jalapeño (1,2)  
1 pint cherry tomatoes (3)  
8oz sliced mushrooms (3)  
1 large yellow onion (6)  
1 red onion (1,2,5)  
2 medium sweet potatoes (6)  
1 bunch swiss chard (6)  
(OR sub 5oz spinach)  
5oz arugula (5)  
10oz spinach (4)



## Fruits

4 oranges (3)  
1 lemon (5)  
1 lime (1)  
2 large mangos (1,5)



## Meats

1# ground turkey, 85% lean (2)  
4-8 thin-cut, boneless pork chops (3)  
1-2# boneless, skinless chicken thighs (4)  
1# ground lamb (6)  
(OR sub ground beef)



## Seafood

4 Chilean sea bass fillets, 5-7oz each (1)  
(OR sub tilapia, salmon, etc.)



## Nuts

1/2c macadamia nuts (5)



## Spices

1/4c Cajun seasoning (2)\*  
1T thyme (2)  
~3T cinnamon (3,6,8)  
2T turmeric (3,6)  
2T cumin (3,6)  
2T ground ginger (3,6)  
2T coriander (3,6)  
2T paprika (3,6)  
1T chili powder (3,6)\*  
~1/4tsp ground nutmeg, optional (3,6)



## Eggs

6-10 eggs (omega-3) (6,8)



## Pantry

2c black rice (1,4)  
(OR sub brown rice)  
1/2c low-sodium tamari (4)\*  
1tsp honey (5)  
~18oz jar peanut butter (8)\*  
1/2c chocolate chips, optional (8)\*  
1/2c cocoa powder (8)  
1tsp vanilla extract (8)\*  
1tsp baking soda (8)  
1c maple syrup (8)  
Gluten free hamburger buns (2)  
(OR sub lettuce wraps)



## Oils & Vinegars

~3/4c olive oil  
4T white vinegar, optional (6)



## May Menu, Week 2: Prep Day

**Preheat oven to 325 F. (8)**



**Rice:** Add 4c water & 2c black rice to a pot & bring to boil. Reduce to simmer, cover, cook ~1hr, set aside (covered) to cool. [\*] (1,4)



**Mangos:** Peel and finely chop 2 mangos, set aside. (1,5)

**Oranges:** Cut 4 oranges into wedges. [\*] (3)

**Cucumber:** Slice 1 cucumber into preferred shape to serve as a side with sea bass. [\*] (1)

**Carrot & Parsnip:** Slice 2-4 carrots & 3 parsnips into ~1" slices. Toss with 1T olive oil, 1T thyme, S&P. [\*] (2)

Note: slice any remaining carrots into sticks for snacking.

**Moroccan Veggies:** Slice 2 zucchini in half lengthwise & then cut into 1/4" thick half coins or moons. Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste. [\*] (3)

**Hash:** Finely dice 1 yellow onion. Peel & finely chop 2 sweet potatoes. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves. Set chopped veggies aside. (6)

**Red Onion:** Finely dice 1 red onion. Set aside 1/4 for salad (5), 1/4 for salsa (1) & 1/2 for Cajun burgers (2). (1,2,5)

**Garlic:** Finely chop 6-8 garlic cloves, ~2T. Set aside ~1T for Cajun burgers (2) and store ~1T for spinach [\*] (4). (2,4)

**Green Onion:** Finely chop green onion white part only for burgers (2) and green onion tops (green part) for salsa (1). Set aside. (1,2)

**Jalapeño:** Finely chop 1 jalapeño, set aside 1/2 for burgers (2) & 1/2 for salsa (1). Caution using seeds & ribs - they contain heat! (1,2)



**Brownies (8)**

Combine wet ingredients: 1 jar (~18oz) of peanut butter + 1c maple syrup + 2 eggs + 1tsp vanilla.

In separate bowl, combine: 1/2c cocoa powder + 1tsp baking soda + 1tsp cinnamon.

Stir together wet & dry ingredients until combined. Option to mix in 1/2c chocolate chips.

Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool. [\*] (8)



**Moroccan Spice Blend:** Combine: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + 1/4tsp salt + 1/4tsp ground nutmeg, optional. [\*] (3,6)



**Cajun Burgers:** Heat 1T olive oil in a large sauté pan, over med-high heat, add chopped veggies (1/2 jalapeño, 1T garlic, 1/2 red onion, white part of green onions), & 1/4c Cajun seasoning. Sauté 3-5 minutes, stirring occasionally. Set aside to cool. (2)

**Moroccan Hash (6)**

In a saute pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb. Season w/ 1-2T Moroccan spice blend. Add 2 chopped sweet potatoes and chopped swiss chard leaves. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through. Remove lid and season to taste as needed. Cool. [\*] (6)



### **Salsa (1)**

Combine:

- 1/2c chopped mango (save remaining for salad, 5)
- 1/2 of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
- 1/4 red onion, diced
- chopped green onion tops
- juice of 1 lime
- salt to taste. [\*] (1)

### **Salad (5)**

Layer in salad tub, as follows:

- 2.5oz arugula
- 1/2 of remaining chopped mango
- 1/4c macadamia nuts (option to chop before adding to salad, if desired)
- half of remaining chopped red onion

Repeat layers. [\*] (5)

### **Moroccan Pork Chops (3)**

Rub 1/2tsp Moroccan seasoning mix on each pork chop. [\*] (3)

Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

### **Burgers (2)**

In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form into 4 patties. [\*] (2)

### **Chicken (4)**

Marinate chicken thighs in 1/2c tamari. [\*] (4)



### **Dressing (5)**

Whisk together:

- 1/4c olive oil
- juice 1 lemon (~1T)
- 1tsp honey
- S&P to taste [\*] (5)

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



## May Menu, Week 2: Dish Day

### Day 1

#### Roasted Sea Bass w/ Mango Salsa & Forbidden Rice & Cucumber (1)

1. Preheat oven to 425 F. Place ½ of cooked black rice in an oven safe container, cover. Reheat for 40-50min or heated through.
2. Place sea bass on a baking sheet, season w/ S&P, and bake at 425 F for ~20min or until fish is flaking and cooked through.
3. Serve w/ rice, mango salsa & sliced cucumber.

### Day 2

#### Cajun Turkey Burgers w/ Roasted Carrots & Parsnips (2)

1. Preheat oven to 400 F. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado. Serve burgers in gluten-free buns or lettuce wraps topped w/ avocado slices.

### Day 3

#### Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges (3)

1. Preheat oven to 400 F. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.
  2. Heat 1-2tsp olive oil a saute pan over med-high heat. Sear each pork chop for 3-4 minutes per side for thin-cut, boneless chops.
- \*\*Note: Adjust cooking time as needed for larger chops.
3. Serve with orange wedges.

### Day 4

#### Soy Marinated Chicken Thighs w/ Sautéed Spinach & Rice (4)

1. Preheat oven to 400 F. Cover rice and place in oven for 40-50 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.

### Salad

#### Mango, Avocado & Macadamia Nut Salad (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T/ serving of salad.
2. Cut 1 avocado and add to salad.

### Breakfast

#### Moroccan Hash (6)

1. Reheat in large sauté pan over med-high heat, 6-8 min or heated through. Top with 1-2 poached/fried eggs per person.
- To Poach Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.  
To 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

#### Snap Peas (7)

### Dessert

#### Peanut Butter Brownies (8)