



# May Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Fish Tacos w/ Cabbage & Not Fried Black Beans
2. Meal 2: Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw
3. Meal 3: Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potato
4. Meal 4: BBQ Pork Stuffed Baked Potatoes w/ Steamed Broccoli
5. Salad: Mixed Greens w/ Raspberries, Mint & Cucumber
6. Breakfast: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata
7. Snack: Cranberry Almond Energy Bites
8. Dessert: Minted Strawberry & Orange Fruit Salad



## Herbs

1 large bunch mint (5,8)



## Veggies

1 cucumber (5)  
1 head Napa cabbage (1)  
(OR cabbage of choice)  
1 bag coleslaw mix (2)  
(OR sub chopped cabbage)  
1 head broccoli (4)  
2 medium zucchini (3)  
4 avocados (1,3)  
2 red onions (2,4,6)  
2-3 lg sweet potatoes (3)  
4 medium russet potatoes (4)  
5oz baby spinach (6)  
5oz mixed greens (5)



## Eggs

10 eggs (omega-3) (2,6)



## Fruits

3 limes (1,8)  
1 pint raspberries (5)  
1 pint strawberries (8)  
5 oranges (8)



## Meats

1 package thin-cut bacon (3)\*  
1# grassfed ground beef (3)  
4# boneless pork roast (2,4)  
(OR sub beef roast)  
2 links (~1/2#) raw chicken  
sausage (6)\*



## Seafood

4 cod fillets, 4-6 oz each (1)  
(OR sub sea bass or tilapia)



## Dairy (optional)

4oz goat cheese crumbles (6)  
8oz plain Greek yogurt or sour  
cream (1)\*



## Nuts & Dry Fruit

1/2c medjool dates, ~4 (7)  
1/4c dried cranberries (7)\*  
1/4c almonds (7)



## Oils & Vinegars

~1 3/4c olive oil  
1/4c balsamic vinegar (5)  
~1/3c apple cider vinegar (2,4)



## Pantry

~15oz strained tomatoes (2,4)  
(OR sub pureed)  
2 cans refried black beans (1)\*  
1/4c gluten free oats (7)\*  
1/2c almond butter (7)\*  
~1c honey (2,4,8)  
1T baking powder (2)  
2c GF organic cornmeal (2)\*  
1 pkg organic corn tortillas (1)  
(OR sub w/ lettuce wraps)  
4 GF hamburger buns (3)\*  
(OR sub w/ lettuce wraps)



## Spices

2T dried basil (3)  
2-3T chili powder (2,4)\*  
~3T taco seasoning (1)\*  
1/2tsp cinnamon (7)

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



## May Menu, Week 4: Prep Day

**Preheat oven to 375 F. (2,3,4,6)**



**Baked Potatoes:** Pierce 4 russet potatoes with a fork. Bake at 375F for 55min- 65min or until soft/ cooked through. Cool. [\*] (4)

### **Bacon:**

Place 1 package thin-sliced bacon in single layer on a baking sheet, bake 20-25 min or until cooked. [\*] (3)



**Sweet Potato & Zucchini:** Cut 2-3 sweet potatoes & 2 zucchini into ~1" cubes. Toss w/ 2T olive oil + 2T dried basil + S&P. [\*] (3)

**Cucumber:** Dice 1 cucumber for salad. Set aside. (5)

**Mint:** Finely chop 1 large bunch mint for ~4T. Set aside 2T for side salad (5) and 2T for dessert (8). (5,8)

\*\*Note: if you have extra mint, add it to a glass of water or iced tea. It's delicious!

**Limes:** Cut 2 limes into wedges. [\*] (1)

**Fruit Salad:** Peel and slice 3 oranges into segments (option to chop if segments are large), removing white piths first.

Slice 1 pint of strawberries. Store together. [\*] (8)

**Onion:** Thinly slice 2 red onions. Set aside ½ for the frittata (6) and store ½ for the BBQ Pork [\*] (2,4). (2,4,6)

**Cabbage:** Thinly slice or shred 1 head of Napa cabbage for tacos. [\*] (1)

**Broccoli:** Chop broccoli into 1" pieces. [\*] (4)



### **Frittata (6)**

Heat 1T olive oil in a lg sauté pan over medium, add 1 sliced red onion and a pinch of salt. Sauté for ~20 mins, stirring occasionally.

Remove 2 sausage links from casings. Add to onions, cook 10 min, breaking meat apart.

Add 5oz baby spinach, cooking ~5 mins or wilted. Set aside to cool. (6)



### **Corn Muffins (2)**

In large bowl, combine: 2c cornmeal + 1T baking powder + ¼tsp salt

In separate small bowl, whisk together: 2 eggs + 1c water + ¼c olive oil + ¼c honey.

Add wet to dry ingredients and stir well to combine. Pour into a 12 cup, oiled muffin tin (option to line muffin tin w/ liners).

Bake 375 F for 16-22 minutes, or until tops bounce back when pressed. Cool completely, cover and store at room temperature.

Yields: 12. Option: store batter in refrigerator and bake fresh at time of meal. [\*] (2)

### **Frittata (6)**

In a large bowl, whisk together 8 eggs.

Stir in:

- cooked onions, sausage & spinach
- 4oz goat cheese crumbles, optional
- S&P

Put into oiled pie pan or 8x8" dish. Bake at 375 F for 30-40 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [\*] (6)



### Energy Bites (7)

Blend 1/2c (~4) medjool dates, pitted + 1/4c almonds in a blender or food processor until well chopped.

In a large bowl, stir the following together until well combined:

- 1/4c dried cranberries
- 1/2c almond butter
- 1/4c gluten free oats
- 1/2tsp cinnamon
- 1/8tsp salt

Add in blended dates & almonds. Form into 1T balls and store in air-tight container in fridge or freezer. Yields ~18. [\*] (7)



### Coleslaw (2)

Whisk together:

- 1/2c olive oil
- 2T apple cider vinegar
- 1tsp honey
- salt to taste

Toss together with 1 bag of coleslaw mix or chopped cabbage. [\*] (2)

### Side Salad (5)

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

- 2.5oz mixed greens
- 1/2 pint raspberries
- 1/2 of chopped cucumber
- 1T chopped mint

Repeat layers. [\*] (5)

### Honey BBQ Sauce (2,4)

Whisk together (can also use a blender):

- ~15oz strained (or pureed) tomatoes
- 2-3T chili powder
- 1/4c apple cider vinegar
- 1/2c honey
- S&P (~1/4tsp salt) [\*] (2,4)

### Fish Tacos (1)

Top each fish fillet w/ 1-2tsp taco seasoning. [\*] (1)

### Burgers (3)

Form 1# ground beef into 4 patties. Season lightly w/ S&P. [\*] (3)



### Fruit Salad Dressing (8)

Whisk together:

2T olive oil + juice of 1 lime (~1T) + juice of 2 oranges (~1/4c) + 1T honey + 2T chopped mint [\*] (8)

### Balsamic Vinaigrette (5)

Whisk together:

1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [\*] (5)

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



# May Menu, Week 4: Dish Day

## Day 1

### **Fish Tacos w/ Cabbage & Not Fried Black Beans (1)**

1. Preheat oven to 400 F. Slice 2 avocados.
2. Heat 2 cans refried beans, covered, ~40 min or heated through.
3. Place fish on baking sheet & bake 14-16 min or cooked/ flaky. Heat tortillas in oven if using.
4. Serve cooked fish in warm tortillas (or lettuce wraps)
5. Top w/ lime wedges, avocado, cabbage & yogurt (optional) w/ beans on side.

## Day 2

### **Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw (2) \*\*note cooks all day in slow cooker**

1. In a slow cooker, place 1 sliced red onion. Top with 4# boneless pork roast + BBQ sauce (reserve ½-1c for dipping on D2 & D4).
  2. Cook on low for 7-8 hours or high for 4-6 hours.
  3. Shred or "pull" pork with 2 forks. Serve w/ extra BBQ sauce.
- \*Note: leftover pork and BBQ sauce will be used on Day 4.
4. Option to heat corn muffins in an oven (or toaster oven). Preheat to 350 F and warm for 5-10 minutes. Serve w/ coleslaw.

## Day 3

### **Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potatoes (3)**

1. Preheat oven to 375 F. Roast sweet potatoes & zucchini for 30-35 minutes, tossing halfway through cooking.
2. Grill burgers 3-4 min/ side or desired doneness (or cook in sauté pan over med-high).
3. Slice 2 avocados. Serve in buns (or use lettuce wraps) w/ bacon & avocado.

## Day 4

### **BBQ Pork Stuffed Sweet Potatoes w/ Steamed Broccoli (4)**

1. Preheat oven to 400 F. Place baked potatoes in oven for ~20 minutes or heated through.
2. Reheat pulled pork in skillet over med-high heat until heated through, ~5-7 minutes.
3. Steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.
4. Cut open potatoes and stuff with reheated pulled pork and steamed broccoli. Option to top w/ additional BBQ sauce.

## Salad

### **Mixed Greens w/ Raspberries, Mint & Cucumber (5)**

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

## Breakfast

### **Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata (6)**

1. Cover w/ foil and reheat in 350 F oven for 15-20 mins or heated through. Or heat individual slice in toaster oven (~5 min) or microwave (1-2 min).

## Snack

### **Cranberry Almond Energy Bites (7)**

## Dessert

### **Minted Strawberry & Orange Fruit Salad (8)**

1. Bring fruit salad dressing to room temperature. Top each portion of salad w/ ~1-2T of dressing.