



# May Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Seared Tuna w/ Mashed Sweet Potato & Asparagus
2. Meal 2: Italian Chicken Legs w/ Roasted Zucchini, Onion & Bell Pepper
3. Meal 3: Pork & Veggie Kebobs w/ Grilled Bananas
4. Meal 4: Beef & Spinach Tacos w/ Jicama Slices
5. Salad: Arugula w/ Blueberries, Walnuts & Cheddar
6. Breakfast: Poached Eggs over Sweet Potatoes w/ Avocado Slices
7. Snack: Grapes
8. Dessert: Dark Chocolate w/ Almond Butter



## Veggies

1 bunch cilantro, optional (4,6)  
1 bunch asparagus (1)  
8 sweet potatoes (1,6)  
2 zucchini, ~2# (2,3)  
1 red onion (2)  
3 bell peppers, mixed color (2)  
1 pint cherry tomatoes (3)  
1 large jicama (4)  
(OR sub w/ carrots)  
2 avocados (6)  
8oz button mushrooms (3)  
5oz tub baby spinach (4)  
5oz tub arugula (5)  
1 bunch Bibb lettuce (4)  
(OR sub romaine or corn taco shells)



## Fruit

4 bananas (3)  
1 pint blueberries (5)  
1 bunch grapes (7)



## Meats

4 bone-in, skin-on chicken legs (2)  
1.5# boneless, skinless pork chops (3)  
1-2# ground grassfed beef (4)



## Fish

4 Tuna fillets, 4-6oz ea. (1)  
(OR sub halibut or salmon or pork chops)



## Eggs

8 eggs, omega 3 (6)



## Dairy (optional)

8oz grated cheddar (4,5)



## Nuts

1/2c chopped walnuts, optional (5)



## Oils & Vinegars

~2c olive oil  
1/2c balsamic vinegar (5)  
1T apple cider vinegar (6)



## Pantry

8 corn taco shells (4)  
(if not using lettuce for wraps)  
8oz dark chocolate (8)\*  
1/2c almond butter (8)\*  
~1/2c salsa (4)\*  
2T lite coconut milk, optional (1)\*  
8 skewers for kebobs (3)



## Spices

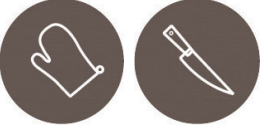
4T Italian seasoning (2,3)\*  
2T taco seasoning (4)\*  
(OR sub chili powder)

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



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

**Pre-heat oven to 400 F (1,6)**



**Sweet Potatoes:** Cut 8 sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. (1,6)



**Asparagus:** Remove & discard lower 2-3" from asparagus bunch. [\*] (1)

**Jicama:** Peel & cut 1 jicama bulb into thick "match sticks" to serve with tacos. [\*] (4)

**Zucchini, Onion, Pepper:** Cut 1 red onion & 1 zucchini & 3 bell pepper into ~1" pieces; toss w/ 2-3T olive oil + S&P. [\*] (2)

**Kebob:** Cut remaining 1 zucchini into 2" pieces, cut pork into 2" pieces, set both aside. (3)

**Cilantro:** Finely chop 1 bunch cilantro leaves (optional). [\*] (4,6)



## Tacos

In large sauté pan, add 1-2# ground beef, heat over medium-high, breaking apart meat. Add 5oz baby spinach, 1-2T taco seasoning (or chili powder) & cook 8-10 minutes or beef is cooked through. Season w/ S&P if needed. [\*] (4)



## Salad (5)

Layer in 5oz arugula container as follows:

½ tub arugula

½ pint blueberries

¼c grated cheddar cheese

¼c chopped walnuts

Repeat layers. [\*] (5)

## Chicken Marinade

Whisk together ½c olive oil + 2T Italian seasoning + 1T salt + 1tsp pepper.

Marinate 4 chicken legs. [\*] (2)

## Kebobs

Whisk together ½c olive oil + 2T Italian seasoning + S&P. Marinate 1.5# cubed pork. [\*] (3)

Optional: skewer veggies now, alternating between 1 pint cherry tomatoes, 8oz button mushrooms & 1 chopped zucchini. [\*] (3)



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

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



# May Menu, Super Fast: Dish Day

## Day 1

### Seared Tuna w/ Mashed Sweet Potato & Asparagus (1)

1. Peel 4-8 sweet potato halves and place in a small pot/ sauté pan. Mash with a fork until smooth.
2. Add 2T lite coconut milk (or 2T water) to potatoes. Heat over med heat for 10-15 min, stir occasionally. Season w/ salt.
3. Heat 2T coconut (or olive) oil in a large saute pan (or 2 medium pans). Add asparagus & tuna steaks.
4. Cook tuna ~3 min/ side or desired doneness. Stir asparagus occasionally. Season tuna & asparagus w/ S&P.

## Day 2

### Italian Chicken Legs w/ Roasted Zucchini, Onion & Bell Pepper (2)

1. Pre-heat oven to 425 F.
2. Remove chicken legs from marinade & bake for 30-40 minutes or an internal temperature of 165 F.
3. Place chopped veggies in a single layer on a baking sheet & bake for 20-25 minutes.

## Day 3

### Meal 3: Pork & Veggie Kebobs w/ Grilled Bananas (3)

1. Pre-heat grill. Remove pork from marinade & skewer with button mushrooms, zucchini & cherry tomatoes.
  2. Grill kebobs for ~10-12 minutes, or until pork is cooked through, flipping halfway through cooking.
  3. Keep bananas in peel & cut in half lengthwise. Grill ~4 min flesh side down, then 4 min peel side down. Season w/ S&P.
- Note: Skewers can be cooked on an indoor grill (ie, George Foreman) for ~3-4 min or "unskewered" in a sauté pan for 8-10 min.

## Day 4

### Beef & Spinach Tacos w/ Jicama Slices (4)

1. Heat taco mixture in a large sauté pan over med-high heat for 4-6 minutes. Serve in lettuce wraps (or taco shells) w/ salsa, cilantro & cheese.

## Salad

### Arugula w/ Blueberries, Walnuts & Cheddar (5)

1. Shake balsamic vinaigrette well & drizzle over salad.

## Breakfast

### Poached Eggs over Sweet Potatoes with Avocado Slices (6)

1. Re-heat 4 sweet potatoes in pre-heated oven, toaster oven or microwave (or mash and re-heat on stovetop, see D1, #1&2.)
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Serve eggs over heated sweet potatoes & topped w/ avocado slices & chopped cilantro (optional). Season w/ S&P.

## Snack

### Grapes (7)

## Dessert

### Dark Chocolate w/ Almond Butter (8)