



June Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices
2. Meal 2: Southwestern Steak Salad w/ Salsa "Ranch"
3. Meal 3: Cod Picatta w/ Pancetta & Lentils
4. Meal 4: Spaghetti Squash Chow Mein
5. Salad: Spinach, Raspberries, Sliced Almonds & Goat Cheese
6. Breakfast: Chocolate Cherry Decadence Smoothie Bowl
7. Snack: Veggies w/ Salsa "Ranch"
8. Dessert: Gluten Free Cookie Dough Bites



Herbs

~2" knob ginger (4)
 1 bulb garlic (4)
 1 bunch parsley (3)
 1 bunch cilantro (2)



Veggies

1 bunch green onions (2)
 1 bunch celery (4,7)
 1# carrots (4,7)
 1c bean sprouts (4)
 1 lg or 2 sm spaghetti squash (4)
 2 red bell peppers (2,4)
 2 yellow bell peppers (2)
 2 avocados (2)
 1 bunch asparagus (1)
 1 lg onion (3,4)
 1 sm cabbage (4)
 (OR sub 2c shredded cabbage)
 5oz spinach (5)
 10oz spring mix (2)



Fruits

1 pint raspberries (5)
 1 honeydew melon (1)
 3 lemons (3)



Meats

1-1½# grassfed ribeye steak (2)
 4-8 thin-cut pork chops (1)
 9oz pancetta (3)*
 (OR sub bacon)



Seafood

4 cod fillets, 4-6oz each (3)



Frozen

20oz dark sweet cherries (6)
 3-5oz collard greens
 (OR sub greens of choice) (6)
 ½c pomegranate arils,
 optional (6)



Dairy (optional)

4oz goat cheese crumbles (5)



Nuts & Dried Fruit

½c sliced almonds (5)
 ½c chopped hazelnuts,
 optional (6)
 (OR chopped nut of choice)
 1T chia seeds, optional (6)



Spices

½tsp cinnamon (6)
 1tsp dried dill (2,7)
 ½tsp onion powder (2,7)
 ½tsp garlic powder (2,7)
 Pinch red pepper flakes (2,7)



Pantry

¼c peanut butter (6)*
 1T honey (4)
 1 can lite coconut milk (2,6,7)
 ¼c tamari (4)*
 ½c mayo (2,7)*
 (recommend Primal Kitchens)
 ½c salsa (2,7)*
 4T capers (3)
 2c dry lentils (3)
 (like French Puy)
 3T cocoa powder (6)
 ¼c maple syrup (8)*
 2c almond flour (8)
 ½c mini chocolate chips (6,8)*
 (¼c optional for smoothie)
 1tsp vanilla extract (8)*
 ½c unsweetened coconut
 flakes, optional (6)



Oils & Vinegars

~1½c olive oil
 ½c balsamic vinegar (1,5)
 ¼c coconut oil, melted (8)
 1T rice vinegar (4)*
 2T toasted sesame oil (4)*

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



June Menu, Week 1: Prep Day

Preheat oven to 350 F. (4)



Spaghetti Squash: Pierce spaghetti squash several times w/ a knife. Roast whole for ~1½ hrs for 2 small or ~2 hrs for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside to cool. Take halved spaghetti squash (cooked & cooled) and remove seeds. Then scoop out squash. Add 1T toasted sesame oil + S&P. [*] (4)



Honeydew: Cut 1 honeydew in half, scoop out seeds, then cut into wedges or slices. [*] (1)

Asparagus: Cut ends off 1 bunch of asparagus (bottom 2-3"), discard. Toss w/ 1T olive oil, S&P. [*] (1)

Southwestern Salad: Chop 1½ red + 2 yellow bell peppers into sm pieces. Slice green onions (whites & greens) into ¼" slices. [*] (2)

Chow Mein: Dice 1 yellow onion. Slice 2 stalks celery, ½ red bell pepper into strips & 2 carrots into thin matchsticks. [*] (4)

Snack: Slice remaining celery & carrots into sticks for snacking. [*] (7)

Ginger & Garlic: Mince 6 cloves garlic for ~3T. Grate ginger for ~1T. Set aside. (4)

Cabbage: Shred 1 head cabbage for ~2c (best done w/ food processor). [*] (4)

Cilantro: Chop cilantro for ~¼c. [*] (2)

Lentils: Finely chop remaining ½ onion and cube 9oz pancetta. Finely chop 1 handful parsley. Set aside. (3)



Ribeye (2)

Preheat grill to medium heat (~375-400 F). Season ribeye steak with S&P.

Grill for ~4-5 mins/ side or internal temp reaches 140 F for medium rare. Adjust cook time based on thickness of steak.

Option to cook on stove top: Heat ½tsp oil in large saute pan over high heat. Sear for ~4 min/ side.

Let steak cool. Then thinly slice and store. [*] (2)

Note: Cook the steak rarer than you usually eat since it will be reheated DD. Steak can be cooked on DD instead of now.



Lentils with Pancetta (3)

Rinse 2c lentils and place in pot with 4c water. Bring to rapid simmer over med-high heat. Reduce to low for ~25 mins. Set aside.

Heat small saute pan with 1tsp olive oil. Add ½ chopped onion and 9oz cubed pancetta. Cook until pancetta is a little crispy.

Add onions, pancetta, and handful chopped parsley to lentils and season with S&P. Stir to combine and cool before storing. [*] (3)



Salsa "Ranch" (2,7)

Blend the following in a blender until smooth:

- 1/2c mayo
- 1/2c lite coconut milk
- 1/2c salsa
- 1tsp dried dill
- 1/2tsp onion powder
- 1/2tsp garlic powder
- pinch of red pepper flakes
- S&P to taste. [*] (2,7)



Cookie Dough Bites (8)

Whisk together: 1/4c coconut oil (melted) + 1/4c maple syrup + 1tsp vanilla

Gently stir in: 2c almond flour + 1/4c mini chocolate chips

Roll into 1T sized balls. Store in fridge. Yields 16. [*] (8)

Option: Drizzle with melted chocolate.

Chow Mein sauce (4)

Whisk together: 1/4c tamari + ~3T minced garlic + ~1T grated ginger + 1T rice vinegar + 1T honey + 1T toasted sesame oil. [*] (4)

Salad (5)

Layer in container as follows:

- 1/2 of spinach
- 1/2 of raspberries
- 1/4c sliced almonds
- 1/2 of goat cheese crumbles

Repeat layers. [*] (5)



Picatta Sauce (3)

Stir together:

- zest of 2 lemons (~1tsp)
- 2T lemon juice (~2-3 lemons)
- 4T olive oil
- 4T capers. [*] (3)

Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste. [*] (5)

Balsamic Marinade (for pork) (1)

Whisk together: 1/4c olive oil + 1/4c balsamic vinegar + pepper [*] (1)

Note: option to begin marinating pork chops now if consuming within the next 24 hours. (1)

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



June Menu, Week 1: Dish Day

Day 1

Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices (1) *requires 30 min-24 hours marinating time*

1. Marinate pork chops for 30 min up to 24 hours (in fridge). Preheat grill to med-high or 400 F.
2. Grill chops for 3-4 minutes/ side or reaches internal temp of 145 F (or bake at 400 F for ~10-12 minutes).
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400 F).

Day 2

Southwestern Steak Salad w/ Salsa "Ranch" (2)

1. Slice 2 avocados.
2. Reheat sliced ribeye in skillet on stove top for a couple minutes or until warm (option to microwave for ~30 seconds).
3. Place 10oz spring mix in bowl. Top with sliced bell peppers, green onions, warmed steak and sliced avocado.
4. Top with chopped cilantro and salsa "ranch". Reserve ½ of "ranch" for snack (7).

Day 3

Cod Picatta w/ Pancetta & Lentils (3)

1. Remove picatta sauce from fridge and bring to room temp.
2. Reheat lentils in a pot over low heat until warmed through, stirring occasionally. Add water if needed.
3. Heat a large sauté pan to medium-high heat and add 1T oil. Place 4 cod fillets in pan, cook for 3-4 minutes.
4. Flip cod fillets and pour picatta sauce over top, cover with lid & cook another 3-4 min or cooked through & flaky.

Day 4

Spaghetti Squash Chow Mein (4)

1. Heat 2T olive oil in a lg skillet over med heat. Add sliced celery & bell pepper, matchstick carrots, & chopped ½ yellow onion.
2. Cook veggies until tender, ~5-7 minutes. Stir in 2c shredded cabbage and 1c bean sprouts and cook 1-2 mins or heated through.
3. Stir in cooked spaghetti squash and remaining chow mein sauce. Toss everything together until heated through.
4. Option to top with drizzle of tamari or toasted sesame oil.

Salad

Spinach, Raspberries, Sliced Almonds & Goat Cheese (5)

1. Let salad dressing come to room temp (~30 mins) and shake well. Drizzle ~1T over each serving of salad.

Breakfast

Chocolate Cherry Decadence Smoothie Bowl (6)

1. In blender, add ½c lite coconut milk + 20oz frozen cherries + 3-5oz frozen greens + 3T cocoa powder + ¼c peanut butter + ½tsp cinnamon.
2. Blend on high until smooth, adding additional water as needed for desired consistency.
3. Pour into bowl & add optional toppings as desired (hazelnuts, coconut flakes, chia seeds, dark chocolate chips, frozen pom airts).

Snack

Veggies w/ Salsa "Ranch" (7)

1. Serve sliced carrots, & celery with ½ of salsa "ranch".

Dessert

Gluten Free Cookie Dough Bites (8)