



June Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums
2. Meal 2: Zesty Lemon Shrimp w/ Polenta & Green Beans
3. Meal 3: Summer Pasta Salad
4. Meal 4: Garlic Butter Chicken w/ Spinach & Bacon
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Lemon Blueberry Muffins
7. Snack: Chocolate Bliss Energy Bites
8. Dessert: Watermelon



Herbs

- 1 small bunch basil (2,3)
- 1 bulb garlic (2,3,4)
- ~3" knob ginger (1)



Fruits

- 1 watermelon (5,8)
- 4 plums (1)
- 4 lemons (2,3,4,6)
- 3 limes (1)
- ½ pint blueberries (6)



Dairy (optional)

- 8oz feta crumbles (3,5)
- 1T grassfed butter (4)



Pantry

- 1c GF cornmeal (2)
- 1 box GF penne pasta (3)*
- ¼c sliced kalamata olives (3)
- ½c chicken broth (4)*
- ¾c coconut flour (6)
- ½tsp baking soda (6)
- ½c honey (6)
- ¼c cocoa/ cacao powder (7)
- ½tsp vanilla extract (7)*
- ¼tsp almond or peppermint extract, optional (7)*
- 2T nut milk of choice (7) (OR sub water)
- 12 paper muffin liners (6) (OR silicone muffin tin)



Veggies

- 2 pints cherry tomatoes (3)
- 4 bell peppers, mixed colors (1)
- 1 small zucchini (3)
- 3-4c green beans (2)
- 16oz sliced mushrooms (3)
- 1 red onion (1,5)
- 5oz arugula (5)
- 10oz spinach (4)



Meats

- 1-1½# grassfed flank steak (1)
- 2# bone-in, skin-on chicken thighs (4)
- 1 package bacon (4,6)*



Nuts & Dried Fruit

- ½c sliced almonds (5)
- ½c pinenuts, optional (3)
- 1c medjool dates, ~8 (7)
- 1c roasted cashews (7)
- 1T chia seeds (7)



Eggs

- 5 eggs, omega 3 (6)



Seafood

- 1-1.5# shrimp, peeled, deveined, tails removed (2)



Oils & Vinegars

- ~2c olive oil
- ½c coconut oil (6)
- ¼c balsamic vinegar (5)

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



June Menu, Week 2: Prep Day

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



Polenta (2)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add ½tsp salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (2)



Bacon: Place bacon on foil-lined baking sheet. Bake for 15-20 mins until crispy. Reserve 2T bacon fat for DD. Crumble 4 pieces for spinach (4) and store rest for breakfast (6). [*] (4,6)



Plums: Halve 4 plums and remove pits. Brush cut side lightly w/ olive oil. [*] (1)

Zucchini: Cut into bite sized pieces, set aside. (3)

Green Beans: Trim 3-4c green beans and toss with 1T olive oil and S&P. [*] (2)

Bell Peppers: Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [*] (1)

Red Onion: Thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [*] (1). (1,5)

Ginger: Grate ginger to equal ~2-3T. Set aside. (1)

Garlic: Mince 4 cloves garlic. [*] (4)

Watermelon: Cut 1c into small ½” cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [*] (5,8)



Lemon Blueberry Muffins (6)

In a large bowl, whisk together the following until smooth (or pulse together in a food processor):

- ¾c coconut flour
- ½tsp salt
- ½tsp baking soda
- 5 eggs
- ½c honey
- ½c coconut oil
- 1T lemon zest *Note: reserve lemons for lemon basil sauce (3).

Whisk above until smooth, then gently stir in ½ pint blueberries.

Pour into a lined muffin tin, about ¾ full. Bake at 375 F for 20-25 mins or tops spring back when touched. Yields ~12 muffins. [*] (6)

Note: Recommend putting any remaining muffins after 24-48 hrs (or immediately) into the freezer. Defrost 1-2 hours before eating.



Summer Pasta (3)

Roasted Veg: toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P.

Roast at 375 F in single layer on 1-2 sheet pans for 20-25 minutes. Cool, set aside.

Pasta: Bring large pot of water to boil and cook 1 box GF penne pasta according to package instructions. Drain & set aside. (3)



Chocolate Bliss Energy Bites

Combine the following ingredients into a food processor (blender works okay but food processor is best) until well combined:

- 1c roasted cashews
- 1c medjool dates, pitted (~8)
- 1T chia seeds
- 1/4c cocoa/ cacao powder
- 1/2tsp vanilla extract
- 1/4tsp almond or peppermint extract, optional
- 2T nut milk of choice or water

Form into 1 inch balls. If you wet your hands it makes it easier to form into balls. If you do not have almond extract you can sub for peppermint extract and they taste like thin mints! [*] (7)

Lemon Basil Sauce (2,3)

In blender blend:

- 1/2c olive oil
- 2 cloves garlic
- small bunch basil
- juice of 2 lemons (~4T)
- S&P

Set aside 1/2 of sauce for Summer Pasta (3, below) and store 1/2 of sauce for Shrimp Marinade. [*] (2)

Summer Pasta (3)

Toss cooked pasta w/ veggies + 1/2 lemon basil sauce + 1/4c sliced kalamata olives + 4oz feta crumbles + 1/2c pine nuts, optional. [*] (3)



Steak Marinade (1):

Whisk together:

- 1/2c olive oil
- 2-3T fresh grated ginger
- 2-3T lime juice (~3 limes)
- 1/2T salt
- fresh ground pepper

Add 1-1 1/2# flank steak to marinate for 4-48 hours. [*] (1)

Salad (5)

Layer in container as follows:

- 1/2 of arugula
- 1T sliced red onion
- 1/2c chopped watermelon
- 1/4c sliced almonds
- 2oz feta crumbles, optional

Repeat layers. [*] (5)



Balsamic Dressing (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



June Menu, Week 2: Dish Day

Day 1

Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums (1)

1. Pre-heat grill to med heat. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10 mins before cutting. Cut meat very thin against the grain. Season bell peppers & onions w/ S&P.

Day 2

Zesty Lemon Shrimp w/ Polenta & Green Beans (2)

1. Marinate 1-1½# shrimp for 30 minutes to 1 hour in ½ of Lemon Basil Sauce. Preheat oven to 425 F.
2. Warm polenta in oven, covered, ~30-40 minutes.
3. Place shrimp & green beans on sheet pans. Roast green beans for ~12 min or tender and shrimp for ~8-10 mins or cooked.

Day 3

Summer Pasta Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
2. Add pasta & roasted veggies and sauté until heated through, ~6-8 minutes.

Day 4

Garlic Butter Chicken w/ Spinach & Bacon (4)

1. Heat large skillet over medium heat. Add 2T bacon fat (or olive oil) and season chicken thighs with S&P.
2. Place chicken skin side down in pan. Cook ~12 min, flip & repeat until both sides are crispy & brown. Remove chicken, set aside.
3. Add 1T butter (or olive oil) and 4 cloves minced garlic. Cook ~1 min. Add ½c chicken broth and 1tsp lemon juice.
4. Reduce to med low and add chicken back to skillet. Cook 5-10 min until chicken reaches internal temp of 165 F.
5. Remove chicken from pan. Add 10oz spinach to sauce, cook over med until wilted. S&P to taste and top with bacon crumbles.

Salad

Arugula, Watermelon & Feta Salad (5)

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

Breakfast

Lemon Blueberry Muffins (6)

Snack

Chocolate Bliss Energy Bites (7)

Dessert

Watermelon (8)