



June Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Nicoise Salad
2. Meal 2: Pork, Pineapple & Veggie Kabobs
3. Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw
4. Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots
5. Salad: Mixed Greens w/ Grapes, Walnuts & Avocado
6. Breakfast: Hard Boiled Eggs w/ Oranges
7. Snack: Curried Cashews & Raisins
8. Dessert: Chocolate Dipped Bananas



Herbs

1 bulb garlic (4)



Fruits

4 oranges (6)
2 granny smith apples (3)
1 sm bunch grapes (5)
1 pineapple (2)
(OR sub 2c precut chunks)
4 bananas (8)



Nuts & Dried Fruit

2½c walnuts (4,5)
3c raw, unsalted cashews (7)
1c raisins (7)*



Pantry

¼c sliced kalamata olives (1)
~2T honey (3,4)
1T tamari (2)
¼c cocoa powder (8)
½tsp vanilla extract (8)*
8 popsicle sticks, optional (8)
gluten-free buns, optional (3)
wooden or metal skewers (2)



Veggies

1# carrots (4)
4 bell peppers (2)
(mixed colors)
1 pint cherry tomatoes (1)
2 avocados (5)
1c green beans (1)
1 lg red potato (1)
2 lg sweet potatoes (3)
8oz shredded cabbage
(for coleslaw) (3)
10oz mixed greens (1,5)
10oz spinach (4)



Meats

4 boneless, skinless chicken
breast, 4-6oz ea (4)
1# ground bison (3)
(OR sub ground beef)
1-1½# boneless pork loin
chops (2)
(OR sub pork cubes)



Oils & Vinegars

~2c olive oil
½c balsamic vinegar (1,5)
2T apple cider vinegar (3)
1T toasted sesame oil (2)
¼c coconut oil (8)



Spices

1T chili powder (3)*
1T cumin (3)
1tsp dried dill (4)
1tsp turmeric (2)
½tsp chipotle powder (2)
(OR sub chili powder*)
½tsp cinnamon (8)
1T yellow curry powder (7)*



Eggs

12 eggs (1,4,6)



Seafood

4 tuna steaks, 4-6 oz ea (1)
(OR sub salmon)

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



June Menu, Week 3: Prep Day



Eggs: Place 10 eggs in a pot, fill with water to cover, bring to a boil. cook 3-5 mins. Shut off heat and cover pot. Let cool. [*] (1,6)
Potato/ Beans & Carrots: Fill 2 pots w/ water & bring to a boil (this will be used for potatoes / green beans and carrots). (1,4)



Potato & Green Beans: Chop red potato into 1/4" cubes. Chop green beans into 1/2" pieces. Set aside to boil. (1)
Carrots: Thinly slice 1/2# carrots into bite-sized pieces, set aside. (4) Note: cut any remaining carrots into sticks for snacking.
Sweet Potatoes: Cut potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T chili powder + 1T cumin + S&P. [*] (3)
Oranges: Option to cut oranges into wedges (for breakfast). [*] (6)
Grapes: Cut in half, for a total of 1 1/2c, set aside. (5)
Apples: Thinly slice 2 green apples (should be ~size of a match- works well on a mandolin). Set aside. (3)
Garlic: Finely chop 2-4 cloves garlic for sautéed spinach, (option to store w/ spinach in container). [*] (4)
Kabobs: Cut 4 bell peppers + pineapple into ~1" cubes [*]. Cut pork into ~1" cubes, set aside. (2)



Carrots (4)

Boil (or steam) 1/2# sliced carrots for ~20 min or a knife inserts easily.
Whisk together 1T olive oil + 1T honey. Toss carrots w/ oil & honey. Season w/ 1tsp dried dill + S&P. [*] (4)

Potato & Green Beans (1)

Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool. (1)
Steam/ boil chopped green beans for 2-4 mins (option: place green beans in steamer basket in same pot as potatoes). (1)



Curried Cashews & Raisins (7)

In a large saute pan, heat 1T olive oil + 1T yellow curry powder over medium-high heat for ~3 min.
Add 3c cashews and cook 3-4 min or just toasted. Remove from heat, toss w/ 1c raisins & salt to taste. Allow to fully cool.
Store at room temperature in an airtight container. [*] (7)



Chocolate Dipped Bananas (8)

Heat the 1/4c coconut oil in saute pan over low (be careful, it can burn!). Once the coconut oil melts and is warm, turn off the heat and whisk in 1/4c cocoa powder + 1/8tsp vanilla + 1/8tsp cinnamon until combined.
Peel bananas and cut in half, horizontally, creating 2 "short/ stubby" pieces.
Place a popsicle stick into the bottom of each half - note, this step is optional.
Dip bananas in chocolate mixture to coat evenly. Lay bananas on a parchment or foil-lined baking sheet and put in freezer.
Once frozen, store in a container in the freezer, separating layers with parchment or foil. [*] (8)



Walnut Chicken (4)

In blender or food processor, blend 2c walnuts until they reach a bread-crumb like texture. Place in a shallow bowl. Whisk 2 eggs, place in a second shallow bowl. Dredge each chicken breast in eggs & then walnuts "crumbs". Salt lightly. [*] (4)



Nicoise Salad (1)

Add the following to 5oz mixed greens:

- 1 pint cherry tomatoes
- 1c cooked, cooled and chopped green beans
- 2 hardboiled eggs (cooled, peeled & quartered)
- chopped boiled potatoes
- 1/4c sliced kalamata olives [*] (1)

Coleslaw (3)

Whisk together:

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

Toss dressing with sliced apples. Toss all together w/ 8oz shredded cabbage. [*] (2)

Side Salad (5)

Layer in container as follows:

- 2.5oz mixed greens
- 1/4c walnuts
- 3/4c grape halves

Repeat layers [*] (5)

Pork (2)

Whisk together: 1tsp turmeric + 1/2tsp chipotle powder + 1T tamari + 1T toasted sesame oil.

Toss pork cubes w/ above marinade. (Note: if not eating within 48 hours, hold off on marinating until 2-48 hr in advance)

Burgers (3)

Form ground bison into 4 patties. Season lightly w/ S&P. [*] (3)



Balsamic Dressing (1,5)

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

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



June Menu, Week 3: Dish Day

Day 1

Nicoise Salad (1)

1. Remove salad dressing from refrigerator and allow to come to room temp.
2. Heat 1tsp oil in sauté pan over med-high to high heat. Sear tuna 2-3 mins/ side or reaches desired doneness. Season w/ S&P.
3. Divide salads among 4 bowls, top each w/ a seared tuna. Shake vinaigrette well and drizzle on top of salads.

Day 2

Pork, Pineapple & Veggie Kabobs (2) ****if using wooden skewers, soak in water before step 1****

1. Preheat grill. Skewer pork, pineapple & bell pepper on skewers.
2. Grill for ~15 minutes, flipping kabobs every ~5 min. (Option to bake in oven at 350 F for 10 to 15 mins.)

Day 3

Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw (3)

1. Preheat oven to 375 F. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat). Serve w/ slaw.

Day 4

Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots (4)

1. Preheat oven to 375 F. Place carrots in oven, covered, to warm.
2. Bake chicken for 25 mins for smaller breasts or up to 40 mins for larger breasts (chicken should reach internal temp of 165 F).
3. Heat 1tsp oil in large sauté pan over high heat. Add garlic & spinach to pan & cook 3-4 mins or spinach just wilts. Season w/ S&P.

Salad

Mixed Greens w/ Grapes, Walnuts & Avocado (5)

1. Let salad dressing come to room temp (~30 mins), shake well.
2. Slice 1-2 avocados and place on top of salad.
3. Drizzle ~1T dressing over each serving of salad.

Breakfast

Hard Boiled Eggs w/ Oranges (6)

Snack

Curried Cashews & Raisins (7)

Dessert

Chocolate Dipped Bananas (8)