



June Menu, Week 4 : Grocery List

Serves 4

1. Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts
2. Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Corn
3. Meal 3: Steaks, Baked Potatoes & Green Beans
4. Meal 4: Mexican Zucchini Stuffed w/ Pinto Beans, Mushrooms, Bell Peppers & Tomato Sauce
5. Salad: Arugula w/ Peaches, Sliced Almonds & Goat Cheese
6. Breakfast: Strawberry Chia Jam w/ Rice Cakes
7. Snack: Seaweed Snack
8. Dessert: Berry Peachy Fruit Salad



Herbs

2 garlic cloves (4)



Fruits

5 peaches (5,8)
1# strawberries (1,8)
2 lemons (2)
2 pints blackberries (8)



Dairy (optional)

4oz goat cheese crumbles (5)
4oz feta crumbles (1)
1/2c grated cheddar cheese (4)



Pantry

1c strained tomatoes (4)*
(OR sub tomato sauce)
1 can pinto beans (4)*
3T maple syrup (6)*
1/2tsp vanilla extract, optional
(6)*
2T unsweetened coconut flakes (8)
1 package GF rice cakes (6)
(OR sub GF bread)
1-2 pkgs dried seaweed snacks (7)*
(like Gimme, SeaSnax or Annie Chun's)



Veggies

1 bunch asparagus (2)
4 ears corn (2)
8oz sliced mushrooms (4)
4 medium zucchini (4)
1 cucumber (1)
~3-4c green beans (3)
1 red & 1 yellow bell pepper (4)
1 small red onion (4)
4 russet potatoes (3)
5oz arugula (5)
5oz mixed greens (1)



Meats

4 grassfed tenderloin steaks,
5-7oz each (3)
~1-1½# chicken tenders (2)



Nuts & Seeds

1/2c chopped walnuts (1)
~¾c sliced almonds (5,8)
3T chia seeds (6)



Oils & Vinegars

~1⅓c olive oil
1/2c balsamic vinegar (1,5)



Frozen

4c frozen strawberries (6)



Spices

1T cumin (4)
1T chili powder (4)*
1T oregano (4)
4T steak seasoning (3)*
1T dried herb of choice,
optional: tarragon, basil,
oregano, etc. (2)



June Menu, Week 4 : Prep Day

Preheat oven to 350 F. (3)



Baked Potatoes: Pierce potatoes with a fork. Bake at 350 F for ~60min or until soft/ cooked through. Cool. [*] (3)



Peaches: Chop 5 peaches, set aside 1c for side salad (5) and remaining for dessert (8). (5,8)

Strawberries: Slice 1# strawberries. Set aside 1/2 for Salmon Salad (1) and 1/2 for Berry Salad (8). (1,8)

Cucumber: Finely dice 1 cucumber into bite-sized pieces. Set aside. (1)

Stuffed Zucchini: Finely chop 2 bell peppers + 2 garlic cloves + 1 small red onion. Cut 4 zucchini in 1/2 lengthwise, scoop out center to make a "boat", discard centers. (4)

Green Beans: Cut ends off of green beans. Toss w/ 1T olive oil, S&P. [*] (3)

Asparagus: Remove, discard bottom 2". Toss w/ 1T olive oil, S&P. [*] (2)

Corn: Shuck 4 ears corn, if needed. [*] (2)



Strawberry Chia Jam (6)

In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.

Mash strawberries with a fork, add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional). Stir, cover and cook 2 more minutes.

Put jam in fridge to cool for at least 30 minutes before using. [*] (6)

Stuffed Zucchini (4)

In a large sauté pan heat 1tsp oil over med-high heat.

Add 1 diced small red onion + 2 chopped garlic cloves + 2 chopped bell peppers + 8oz sliced mushrooms.

Add 1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes. Add 1c strained tomatoes. Cook 5 minutes.

Add 1 can drained pinto beans. Season to taste w/ S&P. Allow to cool. (4)



Lemon Chicken (2)

Whisk together:

- juice & zest of 2 lemons
- 1/2c olive oil
- 1T salt
- fresh ground pepper
- optional: add 1T dried herb of choice: tarragon, basil, oregano, etc. [*] (2)

Stuffed Zucchini: Fill scooped zucchini with cooled filling. Sprinkle each zucchini w/ ~2T grated cheddar cheese. [*] (4)

Grassfed Steak: Coat each steak w/ ~1T steak seasoning. [*] (3)



Berry Peachy Fruit Salad (8)

Combine remaining chopped peaches, $\frac{1}{2}$ # sliced strawberries, and 2 pints blackberries. [*] (8)

Side Salad (5)

Layer in container as follows:

- $\frac{1}{2}$ of arugula
- $\frac{1}{2}$ c chopped peaches
- $\frac{1}{4}$ c sliced almonds
- 2oz goat cheese crumbles, optional

Repeat layers. [*] (5)

Salmon Salad (1)

Layer in container as follows:

- $\frac{1}{2}$ mixed greens
- $\frac{1}{4}$ c chopped walnuts
- $\frac{1}{4}$ # sliced strawberries
- $\frac{1}{2}$ chopped cucumber
- 2oz crumbled feta, optional

Repeat layers. [*] (1)



Balsamic Dressing (1,5)

Combine:

- 1c olive oil
- $\frac{1}{2}$ c balsamic vinegar
- pepper to taste [*] (1,5)

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



June Menu, Week 4 : Dish Day

Day 1

Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts (1)

1. Let balsamic vinaigrette come to room temp and shake well before serving. Reserve 1/2 for Side Salad (5).
2. Preheat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet & drizzle w/ 1-2 T vinaigrette.
4. Prep D2: Marinate chicken tenders in refrigerator for up to 24 hours

Day 2

Grilled Lemon Chicken Tenders w/ Grilled Asparagus & Corn (2) **Marinate 30 min up to 24 hours**

1. Preheat grill or oven to 400 F. Marinate chicken for at least 30 minutes if not done last night.
2. Grill asparagus & corn for 5-6 minutes, flipping occasionally. (If baking, bake asparagus 8-10 mins.)
3. Grill chicken for 2-3 min/ side OR bake for 12-15 min. Internal temp should be 165 F (depends on size of tenders).

Day 3

Steaks, Baked Potatoes & Green Beans (3)

1. Preheat oven to 400 F. Place potatoes in oven for ~20 minutes or heated through.
2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Place green beans on sheet pan. Roast ~12 minutes.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness). Option: Cook steaks and reheat potatoes on the grill.

Day 4

Mexican Zucchini Stuffed w/ Pinto Beans, Mushrooms, Bell Peppers & Tomato Sauce (4)

1. Preheat oven to 375 F. Bake zucchini for 35-45 minutes or until heated through.

Salad

Arugula w/ Peaches, Sliced Almonds & Goat Cheese (5)

1. Let balsamic vinaigrette come to room temp (~30 mins), shake well.
2. Drizzle ~1T over 1 serving of salad. Note: Make sure to reserve 1/2 of dressing for Salmon Salad (1).

Breakfast

Strawberry Chia Jam w/ Rice Cakes (6)

1. Serving = 1-2T jam per rice cake (or sub GF toast).

Snack

Seaweed Snack (7)

Dessert

Berry Peachy Fruit Salad (8)

1. Top salad with 2T coconut flakes and 2T sliced almonds.