



August Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Chimichurri Scallops w/ Mashed Cauliflower
2. Meal 2: Balsamic Roasted Pork Tenderloin w/ Zucchini Tian & Quinoa
3. Meal 3: Cajun Turkey Burgers w/ Sweet Potato Fries
4. Meal 4: Chimichurri Flank Steak w/ Quinoa & Roasted Carrots
5. Salad: Mixed Greens, Apples, Celery, Pecans & Cheddar
6. Breakfast: Purple Haze Smoothie
7. Snack: Celery w/ Almond Butter
8. Dessert: Chocolate Brownie Brittle



Herbs

- 1 bulb garlic (1,2,3,4)
- 1 bunch Italian parsley (1,4)
- 1 bunch cilantro (1,4)



Fruits

- 4 bananas (6)
- 1 lemon (2)
- 1-2 apples (5)



Dairy (optional)

- 2oz parmesan (2)
- 4oz cheddar (5)
- 4oz crumbled goat cheese (4)



Pantry

- ¼c almond butter (7)*
- 2c quinoa (2,4)
- 1 can full fat coconut milk (6)*
- 3T cocoa powder (8)
- ½c honey (8)
- 1tsp vanilla extract (8)*
- ½c chocolate chips (8)*
- ½c almond flour (8)
- ½tsp baking powder (8)
- 4 GF hamburger buns (3)*
- (OR sub with lettuce wraps)



Veggies

- 1 bunch celery (5,7)
- 1# carrots (4)
- 1 head cauliflower (1)
- 1 yellow summer squash (2)
- 1 zucchini (2)
- (squash ~½-¾# ea)
- 1 lg avocado (3)
- 1 jalapeno (3)
- 1 red onion (2,3)
- 2 lg sweet potatoes (3)
- 5oz mixed greens (5)



Meats

- 1# ground turkey, 85% lean (3)
- ~1-1½# pork tenderloin (2)
- 1½# grassfed flank steak (4)



Nuts & Seeds

- ½c chopped pecans (5)
- ½c chia seeds (6)



Seafood

- 1# scallops (1)



Oils & Vinegars

- ~2¼c olive oil
- ~½c coconut oil (1,3,8)
- ½c balsamic vinegar (2,5)
- ½c red wine vinegar (1,4)



Spices

- ¼c Cajun seasoning (3)*
- 1T paprika (3)
- ½tsp crushed red pepper (1,4)
- 1tsp thyme (4)



Eggs

- 2 eggs, omega-3 (8)



Frozen

- 32oz blueberries (6)
- 32oz cauliflower (6)

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



August Menu, Week 2: Prep Day

Preheat oven to 375 F. (8)



Quinoa: Add 4c water & 2c quinoa to a med pot. Bring to a boil, turn heat to low. Cover & cook 20-25 mins. Set aside to cool. (2,4)



Sweet Potato: Cut 2 large sweet potatoes into thin "fries". Toss w/ 1-2T coconut oil, 1T paprika, S&P. [*] (3)

Red Onion: Finely dice 1 red onion. Set aside $\frac{1}{4}$ c for burgers (3) and remaining for tian (2). (2,3)

Garlic: Finely chop ~6 garlic cloves, set aside 1T for burgers (3) and 1T for tian (2). (2,3)

Zucchini & Summer Squash: Thinly slice 1 of each into $\frac{1}{8}$ " thick rounds, set aside. (2)

Celery: Finely chop celery for salad (enough for $\frac{3}{4}$ c), set aside (5). Cut remainder of celery into sticks for snacking (7). (5,7)

Cheddar: Cut 4oz cheddar, if using, into small cubes for salad. Set aside. (5)

Carrots: Cut 1# carrots in half, and then into long, thick sticks. Toss with 1-2T olive oil, 1tsp thyme, S&P. [*] (4)

Jalapeño: Finely chop 1 jalapeño (remove seeds & white membrane), for ~1T. Set aside. (3)



Cauliflower (1)

Roughly chop 1 cauliflower and place in a large steamer or soup pot. Boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Drain & set aside to cool. (1)



Cajun Burgers (3)

Heat 1T olive oil in a large sauté pan, over med-high heat.

Add chopped veggies (~1T jalapeño, 1T garlic, $\frac{1}{4}$ c red onion) + $\frac{1}{4}$ c Cajun seasoning (use less seasoning to control heat).

Sauté 5-7 minutes, stirring occasionally. Set aside to cool. (3)

Tian: Heat 1tsp olive oil in lg sauté pan & cook $\frac{3}{4}$ chopped red onion + 1T garlic for 5-7 mins or until translucent. Cool. (2)



Balsamic Dressing/ Marinade (2,5)

Whisk together: 1c olive oil + $\frac{1}{2}$ c balsamic vinegar + pepper.

Marinate a 1-1 $\frac{1}{2}$ # pork tenderloin in half of the dressing/marinade (if eating within 24-48 hours) (2).

Save the other half of dressing/marinade for the salad. [*] (5). (2,5)



Chocolate Brownie Brittle (8)

Line a sheet pan with parchment paper.

In one bowl combine: $\frac{1}{2}$ c almond flour + $\frac{1}{2}$ tsp baking powder + $\frac{1}{4}$ tsp salt.

In 2nd bowl: whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + $\frac{1}{2}$ c honey + $\frac{1}{4}$ c melted coconut oil + 1tsp vanilla. Add almond flour mixture to liquid mixture and whisk until smooth. Add $\frac{1}{2}$ c chocolate chips and stir to combine.

Pour onto sheet pan and spread out in pan.

Bake for 15 minutes then cut into squares and bake another 5-8 minutes. Remove from oven and let cool.

Take parchment + brittle off sheet pan and spread squares apart from each other.

Let completely cool and place pieces into an airtight container and store at room temperature. [*] (8)

**Note: Add the leftover yolks to your next scramble or omelette.



Cauliflower: Place cooked cauliflower in food processor, add $\frac{1}{4}$ c water (or stock), blend until just smooth. Season w/ S&P. [*] (1)

Note: can be done in blender or mashed by hand.

Chimichurri (1,4)

Blend the following on high until garlic and herbs are chopped:

- 1c olive oil
- $\frac{1}{2}$ c red wine vinegar
- 4 cloves garlic
- 1c loosely packed fresh Italian parsley
- 1c loosely packed fresh cilantro
- 1tsp salt
- $\frac{1}{2}$ tsp crushed red pepper. [*] (1,4)



Tian (2)

Place zucchini & summer squash coins in a large bowl and toss with the following:

- 1T olive oil
- zest & juice of 1 lemon
- $\frac{1}{2}$ tsp salt & fresh ground pepper

In a pie pan or small dish, layer in the following order:

- cooked red onion/ garlic
- seasoned zucchini & summer squash coins
- ~2T fresh grated parmesan, optional

Cover with foil and refrigerate. [*] (2)

Salad (5)

Layer in container as follows:

- $\frac{1}{2}$ of mixed greens
- 2oz chopped cheddar (if using)
- $\frac{1}{4}$ c chopped pecans
- $\sim\frac{1}{3}$ - $\frac{1}{2}$ c chopped celery

Repeat layers. [*] (5)

Cajun Burgers (3)

Mix 1# ground turkey with sautéed, cooled veggies/ spices. Form into 4 patties. [*] (3)

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



August Menu, Week 2: Dish Day

Day 1

Chimichurri Scallops w/ Mashed Cauliflower (1)

1. Reheat mashed cauliflower on the stove top over medium heat until warmed through, stirring often.
2. Remove 1# scallops from fridge and pat very dry. Season with S&P.
3. Heat 1tsp coconut oil in saute pan over high. Add scallops, being sure not to crowd the pan. (May need to do in a few batches.)
4. Cook 1-2 mins, flip, cook 1-2 mins more until both sides are golden. Transfer to plate. (don't over cook scallops they get rubbery!)
6. Serve scallops over mashed cauliflower with ½ of chimichurri sauce drizzled on top. Reserve remaining sauce for D4.

Day 2

Balsamic Roasted Pork Tenderloin w/ Zucchini Tian & Quinoa (2) **Marinate pork in fridge for 1 hr up to 48 hr**

1. Preheat oven to 400 F.
2. Reheat quinoa in oven, covered, ~40 mins. Add 1-2T water to prevent sticking. Option to reheat in microwave.
3. Remove foil from tian and bake, uncovered, 30-35 mins.
4. Remove pork from marinade and bake for 20-30 mins or reaches internal temp of 145 F.

Day 3

Cajun Turkey Burgers w/ Sweet Potato Fries (3)

1. Preheat oven to 425 F. Place sweet potato fries in oven and roast for 45-55 mins, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5 mins/ side. Or bake in 425 F oven ~20-25 mins.
3. Slice 1 avocado for topping. Serve on buns or in lettuce wraps.

Note: Marinate Flank steak in remaining chimichurri sauce for dinner tomorrow (can marinate up to 48 hours).

Day 4

Chimichurri Flank Steak w/ Quinoa & Roasted Carrots (4) *Marinate steak for up to 48 hours*

1. Preheat oven to 400 F and preheat grill to medium. Remove steak from marinade.
2. Reheat quinoa in oven, covered, ~40 mins. Add 1-2T water to prevent sticking. Option to reheat in microwave.
3. Place carrots in single layer on baking sheet. Roast for 30-40 mins, tossing halfway through.
4. Grill flank steak for 4-6 mins/ side for medium rare. Allow steak to rest 5-10 mins before cutting. Cut very thin against the grain.
5. Toss carrots with 4oz crumbled goat cheese & a splash of red wine vinegar (optional) and serve with quinoa & steak.

Salad

Mixed Greens, Apples, Celery, Pecans & Cheddar (5)

1. Bring dressing to room temp and shake well.
2. Chop or slice 1-2 apples and add to salad. Drizzle ~1-2T of dressing over each serving of salad.

Breakfast

Purple Haze Smoothie (6)

1. Add 1c water + ¼c chia seeds to blender and allow to "hydrate" for ~1 min.
2. Then add ½c full fat coconut milk + 2 bananas + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed. Yields 2 servings. Repeat for additional 2 servings.

Snack

Celery w/ Almond Butter (7)

Dessert

Chocolate Brownie Brittle (8)