



# August Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Maple Mustard Pork w/ Roasted Butternut Squash and Brussels Sprouts
2. Meal 2: Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices
3. Meal 3: Summer Pasta
4. Meal 4: Orange-Ginger Grilled Chicken w/ Veggie Stir Fry & Brown Rice
5. Salad: Arugula, Watermelon, Mint, Feta & Pistachio
6. Breakfast: Farmer's Market Tart
7. Snack: Figgy Energy Bites
8. Dessert: Watermelon



## Herbs

- 1 bunch cilantro (2)
- 1 bulb garlic (2,3,4)
- ~3" knob ginger (4)
- 1 bunch mint (5)
- 1 bunch basil (3)



## Fruits

- 2 lemons (2,3)
- 2 limes (2)
- 2 oranges (2,4)
- 1 watermelon (5,8)



## Dairy (optional)

- 4oz goat cheese crumbles (6)
- 5T butter (6)
- 4oz feta crumbles (3)



## Pantry

- 2c brown rice (2,4)
- 1/2c tamari (4)\*
- 1/4c grainy mustard (1)\*
- 15oz chickpeas (3)\*
- 1/4c sliced kalamata olives (3)
- 10oz GF penne pasta (3)\*
- 1/2c almond butter (7)\*
- 3c almond flour (6)
- 1T honey, optional (4)
- 2T maple syrup (1)\*



## Veggies

- 2-3# butternut squash (1)  
(OR 1 bag pre-cut)
- 1# Brussels sprouts (1)
- 1 bunch asparagus (6)
- 1 cucumber (2)
- 1 head broccoli (4)
- 2 pints cherry tomatoes (3)
- 16oz sliced mushrooms (3)
- 4 portobello mushrooms (4)
- 1 large zucchini (3)
- 2 red onions (4,6)
- 1 bunch swiss chard (6)
- 5oz arugula (5)



## Meats

- 4 chicken leg quarters (4)
- 1-1 1/2# pork tenderloin (1)



## Nuts & Dried Fruit

- 1/2c chopped pistachios (5)
- 1/2c pinenuts, optional (3)
- 1c dried figs (7)\*
- 1c medjool dates, ~8 (7)
- 1/2c dried cranberries (7)\*



## Spices

- 1tsp red chili flakes, optional (4)



## Seafood

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



## Eggs

- 1 egg, omega-3 (6)



## Oils & Vinegars

- ~2 3/4c olive oil
- 1T coconut oil (4)
- 2T toasted sesame oil (4)
- 1/4c rice vinegar (4)
- 1/4c balsamic vinegar (5)

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



## August Menu, Week 4: Prep Day

Preheat oven to 350 F. (3,6)



**Rice:** Place 4c water + 2c brown rice in a pan, bring to a boil, turn heat to low, cover w/ a lid and cook 30-45 mins. Cool. [\*] (2,4)  
**Pasta:** Bring a large pot of water to boil and cook 1 box GF penne pasta according to package instructions then drain. Set aside. (3)



**Cucumber:** Cut 1 cucumber into slices. [\*] (2)  
**Stir fry:** Thinly slice 1 red onion. Cut 1 head broccoli into 2-3" pieces. Slice 4 portobello mushrooms. Peel and grate ginger for ~1T. Chop garlic for ~1T. Store together. [\*] (4)  
**Ginger:** Peel any remaining ginger (~1-2" knob) for chicken marinade. Set aside. (4)  
**Zucchini:** Chop 1 zucchini into 1/2" bite-sized pieces for Summer Pasta dish. (3)  
**Butternut Squash & Brussels:** Peel & remove seeds from squash & cut into small, 1" pieces. Halve 1# Brussels sprouts. Toss w/ 2T olive oil + S&P. [\*] (1)  
**Tart:** Separate Swiss chard stems from chard leaves, setting aside leaves. Chop 1 red onion and the chard stems. Set aside. (6)  
**Tart:** Finely chop 1 bunch asparagus and the Swiss chard leaves. Set aside separately. (6)  
**Watermelon:** Cut 1c watermelon into small 1/2" cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [\*] (5,8)



**Roasted Veg:** Toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P. Roast in single layer on 1-2 sheet pans for 30-35 minutes or until tender. Toss halfway through cooktime. Cool, set aside. (3)



### Farmer's Market Tart (6)

In a food processor (or blender) pulse the following until dough comes together (or use a fork to combine in a bowl):  
3c almond flour + 4T butter or olive oil + 1/4tsp salt + 1 egg.  
Press onto bottom of 9x13" pan and bake for 10-15 mins. Remove from oven and set aside.

Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min. Add 16oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt. Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min. S&P to taste. Top crust w/ cooked veggies + 4oz goat cheese crumbles (optional). Return to oven for ~10 mins until cheese melts. Cool. [\*] (6)



### Figgy Energy Bites (7)

In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + 1/2c dried cranberries. Pulse until combined. Stir in 1/2c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.  
Note: you can later transfer frozen bites into a container or baggy and freeze. [\*] (7)



### Summer Pasta (3)

Make sauce by blending: ¼c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P until smooth.

Toss cooked pasta+ roasted veg + lemon basil sauce with:

15oz chickpeas, rinsed & drained + ¼c sliced kalamata olives + 4oz feta crumbles, optional + ½c pine nuts, optional. [\*] (3)



### Shrimp Marinade (2)

Blend the following until smooth:

- zest and juice of 2 limes
- zest and juice of 1 orange + 1 lemon
- large handful cilantro
- ½c olive oil
- ½c water
- 2tsp salt
- 2 cloves garlic, peeled. [\*] (2)

### Chicken Marinade (4)

Blend the following until smooth:

- 1c olive oil
- 1T toasted sesame oil
- ¼c tamari
- 1-2" peeled ginger knob
- 1T honey, optional
- zest and juice of 1 orange.

Marinate chicken 24-48 hours prior to cooking (recommend marinating on night 3). [\*] (4)

**Stir Fry Sauce (4):** Combine ¼c tamari + ¼c rice vinegar + 1T toasted sesame oil. [\*] (4)

**Balsamic Dressing (5):** Combine ½c olive oil + ¼c balsamic vinegar + pepper. [\*] (5)



**Maple-Mustard Marinade:** Whisk together ¼c grainy mustard + 2T maple syrup. Evenly coat a 1-1½# pork tenderloin. [\*] (1)

### Salad (5)

Layer in container as follows:

- ½ of arugula
- small handful mint leaves (gently tear into small pieces)
- ½c cubed watermelon
- ¼c chopped pistachios
- 2oz feta crumbles, optional

Repeat layers. (5) [\*]

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



## August Menu, Week 4: Dish Day

### Day 1

#### Maple Mustard Pork w/ Roasted Butternut Squash and Brussels Sprouts (1)

1. Preheat oven to 400 F.
  2. Place butternut squash and Brussels sprouts on baking sheet and roast for 30-35 min.
  3. Remove pork from marinade and place in baking pan; roast 20-25 min or until internal temperature is 145 F.
- Note: If using frozen shrimp for D2, remove from freezer and place in the refrigerator tonight or first thing tomorrow morning.

### Day 2

#### Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices (2)

1. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking. Preheat oven to 400 F.
2. Reheat ½ of brown rice (reserving ½ for stir fry), covered, in oven for 35-45 min.
3. Bake shrimp for ~10 minutes or until just pink/ cooked through.

### Day 3

#### Summer Pasta (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
  2. Add pasta & veggies and sauté until heated through, ~6-8 minutes.
- Note: Start marinating chicken leg quarters for Day 4.

### Day 4 \*Note: marinate 12-48 hrs in advance\*

#### Orange-Ginger Grilled Chicken w/ Veggie Stir Fry & Brown Rice (4)

1. Reheat remaining rice, covered in 350 F oven for ~30-40 minutes or in microwave. Preheat grill to medium (350 F).
2. Drain & discard marinade from chicken leg quarters. Grill chicken for 25-35 minutes or until cooked to 165 F.
3. Add 1T coconut oil to a sauté pan over med-high heat. Add garlic, ginger, onions, broccoli & mushrooms, sauté for 10 min.
4. Add stir fry sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over warmed rice.

### Salad

#### Arugula, Watermelon, Mint, Feta & Pistachio (5)

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

### Breakfast

#### Farmer's Market Tart (6)

1. Reheat in 350 F oven for 30 minutes (can also be served cold).

### Snack

#### Figgy Energy Bites (7)

1. Remove 3-4 bites per person from freezer and enjoy!

### Dessert

#### Watermelon (8)