



August Menu, Week 5: Grocery List

Serves 4

1. Meal 1: Smoky Paprika Chicken & Herb Roasted Trio of Fall Veggies
2. Meal 2: Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes
3. Meal 3: Pizza Soup
4. Meal 4: Black Bean Quinoa Burgers w/ Avocado & Paprika Roasted Cauliflower
5. Salad: Italian Side Salad
6. Breakfast: Lumberjack Muffins
7. Snack: Apples w/ Pecan Butter
8. Dessert: Cranberry-Walnut Dark Chocolate Drops



Herbs

1 bulb garlic (2,3,4)
1 bunch basil (2)



Fruits

4 apples (7)



Nuts & Dried Fruits

1/4c sliced almonds (5)
1c walnuts (8)
1/4c dried cranberries (8)*



Pantry

4c beef broth (3)*
15oz can black beans (4)*
28oz can diced tomatoes (3)*
4oz sliced kalamata olives (2,3)
1/2c quinoa (4)
1c dark chocolate chips or discs (70%+ preferred) (8)
1/4c pecan butter (7)*
1/2c GF oat flour (4)
Parchment muffin liners (6)



Veggies

~1# parsnips (1)
1# carrots (1,5)
1 fennel bulb (1)
2 bunches Swiss chard (2)
1 head cauliflower (4)
1 cucumber (5)
2 avocados (4)
(slightly hard, use on day 4)
1 pint cherry tomatoes (5)
2 large tomatoes (2)
(to yield ~2c chopped)
2 green bell peppers (3)
2 red bell peppers (4,6)
1 jalapeno (4)
8oz sliced mushrooms (3)
8oz shiitake mushrooms (2)
1 red onion (3)
1 lg yellow onion (4,6)
1 large russet potato (6)
5oz mixed greens (5)
1 head lettuce for burgers, like butter or romaine (4)



Meats

4 bone-in, skinless chicken leg quarters (1)
(OR breasts if preferred)
4oz pepperoni (3)*
1# country sausage (6)*



Oils & Vinegars

~1 1/4c olive oil
1/4c red wine vinegar (5)
1T balsamic vinegar (2)



Spices

~4T smoked paprika (1,4,6)
1/2tsp cinnamon (8)
1/8tsp cayenne, optional (4)
2T Italian seasoning (1,5)*
1T dried basil (3)
~1 1/2T oregano (2,3)
1/2tsp cumin (4)



Seafood

4 cod fillets, 4-6oz each (2)



Frozen

1c chopped spinach (4)



Eggs

13 eggs, omega 3 (4,6)



August Menu, Week 5: Prep Day

Preheat oven to 325 F. (6)



Quinoa: Add 1c water + 1/2c quinoa to small saucepan. Bring to a boil, turn heat to low. Cook 20-25 mins. Set aside to cool. (4)



Pizza Soup: Finely chop 1 clove garlic + 1 red onion + 2 green bell peppers + 4oz pepperoni. Set aside. (3)

Bruschetta: Chop 2 lg tomatoes (for ~2c) + basil (for ~1/4c) + 2oz Kalamata olives. Mince 2 garlic cloves. Set aside in a bowl. (2)

Swiss Chard & Shiitakes: Remove stems from 2 bunches Swiss chard, discard. Finely chop remaining leaves + 8oz shiitake mushrooms + 2 cloves garlic. [*] (2)

Salad: Dice 1 cucumber into bite-sized pieces to equal ~1c. Cut 1 carrot into small pieces (or grate). Set aside. (5)

Root Veggies: Slice 2-3 carrots & ~1# parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1) Option: cut and store remaining carrots for snacking.

Burgers: Finely chop 1/4 yellow onion, 1/2 red bell pepper & 1/2 jalapeno (seeds removed). Chop ~3 cloves garlic for ~1T. Set aside. (4)

Lumberjack Muffins: Dice 3/4 yellow onion, 1 1/2 red bell pepper & 1 russet potato in small pieces. Set aside, keep onion separate. (6)

Cauliflower: Cut 1 head cauliflower into 1-2" bite-sized pieces. Toss w/ 1T olive oil + 1T smoked paprika + 1tsp salt. [*] (4)



Pizza Soup (3)

In a large soup pot heat 1tsp olive oil over med-high heat. Add 8oz sliced mushrooms + chopped veg (1 garlic clove + 1 red onion + 2 green bell peppers). Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 4oz chopped pepperoni + 28oz diced tomatoes + ~2oz sliced Kalamata olives, drained.

Bring to a low boil and then lower to a simmer.

Cook ~30 minutes. Add liquid as needed. Season to taste w/ S&P. Allow to cool. [*] (3)



Black Bean Quinoa Burgers (4)

Heat 1T oil in a skillet over medium heat. Add chopped 1/4 onion and cook for a few minutes, stirring often.

Add remaining chopped veg (1/2 bell peppers, 1/2 jalapeño, and ~1T garlic); cook until the onion is translucent, ~2 minutes.

Add 1c spinach, thawed and all liquid drained/ removed, and mix together. Cool.

In a large bowl, add 1 can rinsed and drained black beans; mash with a fork, leaving some texture. Add cooked quinoa, sautéed vegetables, 1 egg, and spices (1tsp salt, 1tsp smoked paprika, 1/2tsp cumin, 1/2tsp pepper, and 1/8tsp cayenne, optional).

Mix until combined, then add 1/2c oat flour. Stir.

Form 4-6 patties depending on desired size. [*] (4)



Lumberjack Muffins (6)

Cook 1# country sausage + $\frac{3}{4}$ chopped onion for 5 mins over med-high heat, breaking up meat. Add 1 $\frac{1}{2}$ chopped red bell peppers and 1 chopped russet potato. Cook 5 mins, stirring often. Cover and cook 5 more mins or until potatoes are tender. Cool.

Whisk together 12 eggs + 1tsp smoked paprika + S&P to taste.

Use $\frac{1}{4}$ c to scoop meat mixture into parchment-lined muffin tins.

Cover meat mixture w/ whisked eggs & bake 17-19 min. Cool. Yields ~26 muffins. [*] (6)



Dark Chocolate Drops (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted. Remove chocolate from heat and stir in $\frac{1}{2}$ tsp cinnamon + 1c walnuts + $\frac{1}{4}$ c dried cranberries.

Use a tablespoon and drop onto parchment or foil. Allow to cool in the refrigerator. I prefer storing in the freezer. [*] (8)



Bruschetta (2)

Whisk together:

- $\frac{1}{4}$ c olive oil
- 1T balsamic vinegar
- 1tsp dried oregano
- S&P, to taste

Pour over chopped tomatoes and stir to combine. [*] (2)

Salad (5)

Layer the following in a large bowl (or into mixed greens tub):

- $\frac{1}{2}$ of mixed greens
- $\frac{1}{2}$ c chopped cucumber
- $\frac{1}{2}$ chopped/grated carrot
- $\frac{1}{2}$ pint cherry tomatoes
- $\frac{1}{8}$ c sliced almonds

Repeat layers. [*] (5)

Chicken Marinade (1)

Whisk together:

- $\frac{1}{4}$ c olive oil
- 2T smoked paprika
- 1tsp salt

Pour marinade over chicken leg quarters, covering completely. [*] (1)



Italian Vinaigrette (5)

Whisk together:

- $\frac{1}{2}$ c olive oil
- $\frac{1}{4}$ c red wine vinegar
- 1T Italian seasoning
- S&P, to taste. [*] (5)

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



August Menu, Week 5: Dish Day

Day 1

Smoky Paprika Chicken & Herb Roasted Fall Veggies (1)

1. Preheat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place root vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes, tossing veggies halfway through cooktime, or chicken is cooked through (165 F).

Day 2

Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes (2)

1. Preheat oven to 400 F. Line a sheet pan with parchment paper and lightly brush with olive oil.
2. Place 4 cod fillets on sheet pan and sprinkle with S&P.
3. Top each fillet with ½c bruschetta salsa and bake for ~15-18 minutes or until fish is opaque and flaky.
4. Heat lg sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 mins until tender, stirring often. Season w/ S&P.

Day 3

Pizza Soup (3)

1. Reheat on stovetop over medium heat until bubbly, reduce heat to low for ~20 min or heated through (stirring occasionally).
2. Add water or broth if needed for desired consistency.

Day 4

Black Bean Quinoa Burgers w/ Avocado & Paprika Roasted Cauliflower (4)

1. Preheat oven to 375 F. Place cauliflower on parchment lined baking sheet and roast 25-35 mins, tossing halfway through.
2. Place black bean quinoa burgers on parchment lined baking sheet; bake for 10 minutes.
3. Flip burgers, then bake for ~20 minutes more, or until browned and crispy.
4. Slice 2 avocados. Serve burgers in lettuce wraps topped with avocado.

Salad

Italian Side Salad (5)

1. Remove salad dressing from refrigerator and bring to room temp. Top each salad portion w/ 1-2T dressing.

Breakfast

Lumberjack Muffins (6)

1. Reheat muffins in 350 F oven for 15-20 mins or heated through. Option to reheat in microwave, toaster oven, or enjoy cold.

Snack

Apples w/ Pecan Butter (7)

1. Slice apple and serve with 1T pecan butter per serving.

Dessert

Cranberry-Walnut Dark Chocolate Drops (8)