



July Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Grilled Shrimp Kabobs w/ Goat Cheese, Cucumber & Grilled Peach Salad
2. Meal 2: Grassfed Beef Burgers w/ Baked Potato Wedges & Snap Peas
3. Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad
4. Meal 4: Sweet Potato Frittata
5. Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds
6. Breakfast: Strawberry-Mango Smoothie
7. Snack: Cucumber & Carrot Slices
8. Dessert: Watermelon



Herbs

1 bunch mint (3,6)



Fruits

1 lime (3)
1 medium watermelon (3,8)
4 peaches (1)



Dairy (optional)

4oz goat cheese crumbles (1)
(OR sub 1 avocado)



Pantry

1 can lite coconut milk (6)
1 can full fat coconut milk (3,4)
~3/4c dijon mustard (1,3)*
1/2c orange preserves (3)*
(OR sub apricot)
1/4c honey (3)
2T maple syrup (1)
1c unsweetened finely shredded coconut (3)
1/2c coconut flour (3)
GF hamburger buns (2)
(OR sub lettuce wraps)
Wooden or metal skewers (1)



Veggies

1# carrots (5,7)
1 bunch radishes (5)
2-3c snap peas (2)
3 small cucumbers (1,7)
1 red or orange bell pepper (4)
2 avocados (5)
1 small onion (4)
1 medium sweet potato (4)
(OR sub 1/2# spiralized sweet potato)
2 large russet potatoes (2)
5oz chopped romaine (5)
5oz mixed greens (1)
5oz baby spinach (6)



Meats

1# grassfed ground beef (2)
1 1/2# boneless, skinless chicken breasts (3)
(OR sub chicken tenders)



Nuts & Seeds

1c walnuts (6)
1/2c sunflower seeds (5)
1/2c pumpkin seeds (1)



Seafood

1-1 1/2# shrimp, peeled & deveined (1)



Oils & Vinegars

~1 1/4c olive oil
1/4c balsamic vinegar (5)
1/2T apple cider vinegar (1)



Spices

~1 1/2T paprika (1,2)
2tsp garlic powder (1,2)
~1tsp crushed red pepper (3)
1T Italian seasoning (4)*



Eggs

8 Eggs (3,4)



Freezer

10oz frozen strawberries (6)
10oz frozen mango (6)

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



July Menu, Week 2: Prep Day

Preheat oven 400 F. (2,4)



Potatoes: Cut 2 russet potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T paprika + 1tsp garlic powder + S&P. Set aside. (2)

Side Salad: Grate (using large cheese grater) 2 carrots & 1 bunch radishes (or option to thinly slice/ chop). Set aside. (5)

Carrots: Chop remaining carrots into sticks for snacking. [*] (7)

Cucumber: Dice 1 cucumber, set aside (1) and slice 2 remaining for snack [*] (7). (1,7)

Frittata: Spiralize or grate 1 sweet potato. Dice 1 small onion and 1 bell pepper. Set aside. (4)

Watermelon: Cut ~2c into 1/2" cubes. Add juice of 1 lime & store. [*] (3) Cut remaining into wedges for dessert [*] (8). (3,8)

Chicken: Pound out chicken breasts and cut into strips. Place in container in fridge for DD. [*] (3)



Sweet Potato Frittata (4)

In a cast iron skillet or other oven safe skillet (must be oven proof!), heat 1T olive oil over medium heat.

Add the spiralized or shredded sweet potato and cook for ~5 minutes until sweet potato starts to become tender.

In a bowl, whisk 6 eggs. Add 1/2c full fat coconut milk + 1T Italian seasoning, S&P to the bowl. Mix together.

Add 1 diced onion and 1 diced bell pepper to bowl. Whisk until well combined.

Pour mixture into oven safe skillet and cook on stove top until egg starts to set around the edges ~5-6 minutes.

Once egg has started to set, carefully move skillet to oven and cook for ~15-20 minutes. Cool. [*] (4)

Potatoes: Roast wedges in single layer on parchment-lined sheet pan for 30-45 mins. Remove and toss halfway. Cool. [*] (2)



Honey Orange Sauce (3)

Whisk together:

- 1/2c orange preserves
- 1/4c honey
- 3T dijon mustard
- 1tsp crushed red pepper (optional - add even more for extra spice)
- salt to taste

Store in fridge until DD. [*] (3)

Cucumber & Goat Cheese Salad (1)

Layer the following:

- 1/2 of mixed greens
- 1/2 of chopped cucumber
- 1/4c pumpkin seeds
- 2oz goat cheese crumbles (if using avocado, add just prior to serving on Dish Day)

Repeat layers. [*] (1)



Side Salad (5)

Layer the following in a container:

- 1/2 of chopped romaine lettuce
- 1/2 shredded (or chopped) carrot & radish
- 1/4c sunflower seeds

Repeat layers. [*] (5)

Burgers (2)

Form ground beef into 4 patties. Season lightly w/ S&P. [*] (2)

Shrimp Kabobs (1)

Combine 1-1 1/2# shrimp + 1tsp paprika + 1tsp garlic powder + S&P.

If using metal skewers, you can skewer now. Otherwise, wait until DD. [*] (1)



Dijon Maple Dressing (1)

Combine the following:

- 1/2c olive oil
- 1/2c dijon mustard
- 2T maple syrup
- 1/2T apple cider vinegar. [*] (1)

Balsamic Vinaigrette (5)

Combine the following:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper. [*] (5)

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



July Menu, Week 2: Dish Day

Day 1

Grilled Shrimp Kabobs w/ Goat Cheese, Cucumber & Grilled Peach Salad (1)

1. Preheat grill to med high. If using wooden skewers, soak in water for 20-30 mins prior to using.
2. Half 4 peaches, remove pits & rub surface w/ olive oil (can use coconut). Grill cut side down for ~5 mins. Cool and then slice thin.
3. Skewer shrimp, if not already done, and brush with olive oil. Grill 2-3 min/ side until cooked through and pink.
4. Top cucumber side salad with sliced peaches and shrimp. Top with Dijon Maple Dressing.

Day 2

Grassfed Beef Burgers w/ Baked Potato Wedges & Snap Peas (2)

1. Preheat oven to 375 F. Reheat potatoes for 20-25 minutes, removing and tossing halfway through.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).
3. Bring a steamer or small pot of water to boil. Steam/ boil snap peas for 3-4 minutes. Remove & salt.
4. Serve burgers in GF bun or lettuce wrap w/ potato wedges & snap peas on the side.

Day 3

Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad (3)

1. Preheat oven to 400 F. Bring Honey Orange Sauce to room temp on counter.
2. Line a large baking sheet with parchment paper.
3. In one bowl add ½c coconut flour.
4. In another bowl whisk together 2 eggs + 1T Dijon mustard + ½c full fat coconut milk (optional, for more coconut flavor).
5. In a third bowl add 1c unsweetened shredded coconut.
6. Dredge chicken into coconut flour then egg mixture and then shredded coconut. Place on baking sheet.
7. Bake for 10 mins, flip and bake for another 8-10 mins depending on thickness. Option: broil for 1 min to brown & crisp coating.
8. Finely chop mint to equal ~1T. Toss together with the watermelon.

Day 4

Sweet Potato Frittata (4)

1. Reheat 1 slice in toaster oven (3-5min) or in microwave (30 secs-1 min) OR reheat entire frittata in 350 F. oven for 15-20 mins.

Salad

Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds (5)

1. Allow vinaigrette to come to room temp. Chop 2 avocados and add to salad. Shake vinaigrette well & drizzle over salad.

Breakfast

Strawberry-Mango Smoothie (6)

1. In blender, combine: ½ can lite coconut milk + ¾c frozen mango + ¾c frozen strawberries + ½c walnuts + 2.5oz baby spinach + ¼c water + 1T fresh mint, optional.
2. Blend on high until smooth. Add water/ milk if needed for consistency. Yields: 2 servings. Repeat for additional 2 servings.

Snack

Cucumber & Carrot Slices (7)

Dessert

Watermelon (8)