



# July Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Superfood Salad w/ Crispy Chickpeas
2. Meal 2: Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf
3. Meal 3: Chinese Pork Stir Fry over Sesame Quinoa
4. Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper
5. Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Very Berry Muffins
7. Snack: Prosciutto w/ Melon
8. Dessert: Fresh Cherries



## Herbs

- 1 bulb garlic (2,3)
- ~2" knob ginger (3)
- 1 large bunch basil (2,5)
- 1 bunch parsley (1,2)



## Veggies

- 1 bunch green onions (3)
- 1 avocado (1)
- 1 pint cherry tomatoes (2)
- 2 beefsteak tomatoes (5)
- 1-2 large zucchini (4)
- 4 bell peppers (3,4) (mixed colors)
- 1 cucumber (2)
- 1 bunch radishes (1)
- 1 bunch bok choy (3)
- 8oz sliced mushrooms (3)
- 1 red onion (4)
- 5oz mixed greens (5)
- 1 bunch green kale (1)
- 1 head romaine lettuce (1)



## Eggs

- 5 eggs, omega 3 (6)



## Fruits

- 3 lemons (1,2)
- 4c cherries (8)
- 1 cantaloupe (7)
- 1 very ripe medium banana (6)
- ½ pint blueberries (6)
- ½ pint raspberries (6)



## Meats

- 4 bison strip steaks, 5-7oz ea (4) (OR sub grassfed beef steak)
- 1½# pork loin roast (3) (OR sub pre-cut ¼" slices)
- 8 slices prosciutto (7)\*



## Seafood

- 4 salmon fillets, 4-6oz ea (2)



## Dairy (optional)

- 8oz mini mozzarella balls (5)



## Nuts & Seeds

- ¼c sliced almonds (1)
- ½c chopped walnuts (2)
- ½c raw cashews (1)
- ¼c dried cranberries (1)\*
- 1tsp sesame seeds (3)
- 1c ground flax meal/seeds (6) (like Bob's Red Mill brand)



## Oils & Vinegars

- ~1½c olive oil
- ½c coconut oil (6)
- ~2T toasted sesame oil (3)\*
- ¼c balsamic vinegar (5)
- 2T rice vinegar (3)\*
- 1tsp apple cider vinegar (1)



## Pantry

- 1 can chickpeas (1)\*
- 2c quinoa (2,3)
- 2T tamari (3)\*
- 1tsp fish sauce, optional (3)\*
- ~7T honey (2,3,6)
- ½c almond butter (6)\*
- 1T baking powder (6)
- 2tsp vanilla extract (6)\*
- Parchment muffin liners, optional (6)



## Spices

- 2T steak seasoning (4)\*
- 1T oregano (4)
- 1T cinnamon (6)

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



## July Menu, Week 3: Prep Day

**Preheat oven to 350 F. (1,6)**



**Chickpeas:** Drain 1 can chickpeas and pat dry. Toss with 1T olive oil and S&P to taste. Place in single layer on sheet pan and roast 45-50 min until crispy. Set aside to cool. (1)

**Almonds:** Toast 1/4c sliced almonds on sheet pan for ~5 min or until golden brown. Cool toss w/ chickpeas & store in pantry. [\*] (1)



**Cashews:** Place 1/2c cashews in a med bowl. Bring 1/2c water to a boil and pour over cashews. Add 1/2tsp salt and soak for ~1 hr. (1)

**Quinoa:** Add 4c water + 2c quinoa to lg pan. Bring to low boil, lower heat to low. Cook 20-25min. Set aside to cool. (2,3)



**Stir Fry:** Slice 1 bell pepper into strips and green onions for ~1/4c. Slice whites & greens of bok choy (removing bottom ~2"). [\*] (3)

**Pilaf:** Finely chop 1 cucumber & 1/2 of fresh basil. Halve 1 pint cherry tomatoes (or quarter). Set aside. (2)

**Grilled Veg:** Thinly slice 1-2 zucchini (1/4" thick), cut 3 bell peppers into ~8 slices each, slice 1 red onion into thick "rings". [\*] (4)

**Superfood Salad:** Cut 1 bunch kale and 1 head romaine lettuce into bite-sized pieces. Store in bag w/ damp paper towel. [\*] (1)

**Radishes:** Thinly slice ~1c radishes. If you have remaining radishes, store for snacking. [\*] (1)

**Cantaloupe:** Slice cantaloupe into 8 pieces, removing rind and seeds. Wrap each piece of melon with a slice of prosciutto. [\*] (7)

**Garlic & Ginger:** Mince 3 cloves garlic. Peel and grate ginger to equal ~1T. Set aside. (3)

**Pork:** Slice pork thin (~1/4" thick). [\*] (3)



### Very Berry Muffins (6)

In a food processor or blender, combine the following until well combined:

- 1 very ripe medium banana
- 5 large eggs, room temperature
- 1/2c almond butter
- 1c ground flax meal/seeds
- 1T baking powder
- 4T honey
- 2tsp vanilla extract
- 1T cinnamon
- 1/2tsp salt
- 1/3c coconut oil, melted
- 1/4c water

Grease a muffin pan or line w/ parchment liners. Fill ~3/4 the way full (these will not rise much).

Evenly distribute 1/2 pint blueberries + 1/2 pint raspberries into the muffin batter.

Bake for 20-22 minutes or until a toothpick comes out clean. Yields ~12 muffins. [\*] (6)



### Lemon Parsley Sauce (2)

Place in a blender:

- ½c olive oil
- large handful of fresh parsley (reserve 1T parsley for Cashew Dressing, 1)
- 1 clove garlic
- juice of 2 lemons
- 1tsp salt
- 1-2tsp honey (optional)

Blend until smooth, set aside 2-3T for quinoa pilaf, store remaining for salmon marinade. [\*] (2)

### Cashew Dressing (1)

In blender, combine:

- Soaked cashews (drained, but keeping extra soaking water)
- 1T fresh parsley
- 1T lemon juice
- 1tsp apple cider vinegar
- 1T olive oil
- S&P, to taste

Blend until smooth adding extra soaking water to thin out consistency, if needed. [\*] (1)



### Quinoa Pilaf (2)

Toss together:

- ½ of cooked quinoa (~3c)
- 1 chopped cucumber (~2c)
- ½c chopped walnuts
- 1 pint chopped cherry tomatoes
- 2-3T lemon-parsley sauce
- S&P. [\*] (2)

Note: if you have extra basil AFTER adding to side salad, you can chop 2-4T and add to quinoa pilaf.

**Sesame Quinoa:** Toss together remaining quinoa with 1-2T toasted sesame oil. [\*] (3)

### Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½ of mozzarella balls (drained)
- ¼c loosely packed basil leaves (I use whole leaves. If they are large, I will store & chop at mealtime. Save remaining for pilaf).

Repeat layers. [\*] (5)

### Bison Steak (4)

Season each strip steak well w/ steak seasoning (1-2tsp per fillet). [\*] (4)



### Balsamic Dressing (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste [\*] (1,5)

### Stir Fry Sauce (3)

Combine the following:

3 cloves minced garlic + 2T rice vinegar + 2T tamari + 2T honey + 1tsp toasted sesame oil + ~1T grated ginger + 1tsp fish sauce, optional. [\*] (3)

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



# July Menu, Week 3: Dish Day

## Day 1

### Superfood Salad w/ Crispy Chickpeas (1)

1. Dice 1 avocado.
2. Toss together chopped kale & romaine, 1/4c dried cranberries, 1c sliced radishes, and toasted almonds & chickpeas.
3. Top with diced avocado and cashew dressing.

## Day 2

### Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf (2)

1. Preheat oven to 425 F. Marinate 4 salmon fillets in lemon-parsley sauce while oven preheats (or up to 1 hour).
2. Remove salmon from marinade & bake ~18-20 mins or cooked through (135 F) & flaky. Serve with cold quinoa pilaf.

## Day 3

### Chinese Pork Stir Fry over Sesame Quinoa (3)

1. Reheat sesame quinoa, covered, in 350 F oven for 40-50 mins or heated through. (or option to microwave)
2. Add 2T of oil to lg saute pan over med. Add thinly sliced pork, season w/ S&P. Cook ~2 mins/side until almost all pink gone.
3. Remove pork from pan. Add 8oz sliced mushrooms, sliced bell pepper & bok choy to pan. Cook until veg are tender, ~5-8 min.
4. Return pork to pan and add Stir Fry Sauce. Cook for 2-3 min, stirring occasionally.
5. Reduce heat to low and cook 1-2 min to thicken sauce. Serve over quinoa & top w/ 1tsp sesame seeds.

## Day 4

### Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper (4)

1. Preheat grill to med-high or 375 F. Toss zucchini, onion & bell pepper w/ 2T olive oil, S&P & 1T oregano.
2. Grill steaks for ~4-6min/ side depending on size/ desired doneness.
3. Grill veg for 2-3 min & flip cooking another 2-3 min (onions may take longer).

## Salad

### Mixed Greens w/ Tomatoes, Basil & Mozzarella (5)

1. Let balsamic dressing come to room temp (~30 mins), shake well.
2. Slice beefsteak tomatoes and chop basil leaves (if not already added whole). Add to salad.
3. Drizzle ~1T dressing over each serving of salad.

## Breakfast

### Very Berry Muffins (6)

## Snack

### Prosciutto w/ Melon (7)

## Dessert

### Fresh Cherries (8)