



July Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli
2. Meal 2: Mahi Mahi w/ Pineapple Salsa & Asparagus
3. Meal 3: Slow Cooker BBQ Ribs w/ Corn on the Cob & Smoky Lime Carrots
4. Meal 4: Mediterranean Stuffed Bell Peppers
5. Salad: Broccoli & Apple Slaw
6. Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado
7. Snack: Apricots & Almonds
8. Dessert: Pineapple Nice Cream



Herbs

1 head garlic (1,4)
 ~2" knob ginger, optional (8)
 1 bunch basil (1)
 1 bunch parsley (4)



Fruits

1 pineapple (2,8)
 (OR sub 1 container pre-cut)
 3 limes (2,3)
 1 lemon (5)
 2 honeycrisp apples (5)
 (OR sub any tart apple)
 8 apricots (7)



Dairy (optional)

2oz parmesan (1)
 2T grassfed butter (3)
 8oz crumbled feta cheese (4)



Pantry

~10oz sundried tomatoes in olive oil (1,4)
 2c strained or pureed tomatoes (3)*
 ~8oz artichokes, in water (4)
 1/3c mayo (5)*
 1tsp horseradish, optional (5)*
 1 can full fat coconut milk (8)*
 ~3/4c honey (3,5)
 snack baggies, optional (7)



Veggies

1 bunch green onions (2,5)
 1# carrots (3)
 1 bunch asparagus (2)
 1 head broccoli (1)
 4 ears corn (3)
 2 avocados (6)
 1 jalapeño (2)
 9 bell peppers (2,4)
 (red or orange work best)
 8oz whole mushrooms (1)
 4 small sweet potatoes (6)
 1 shallot (4)
 (OR 1/2 small onion)
 ~10oz broccoli slaw (5)
 (OR sub cabbage slaw)



Meats

4 boneless, skinless chicken breasts, 4-6oz each (1)
 ~3# baby back ribs (3)
 1# ground turkey, 85% lean (4)



Nuts & Dried Fruit

1c almonds (7)
 1c walnuts (1)
 1/4c dried cherries (5)*
 1/4c sunflower seeds (5)



Spices

pinch of red chili flakes, optional (1)
 3T chili powder (3)*
 1/2tsp cumin (3)
 1/2tsp coriander (3)
 1/2tsp smoked paprika (3)



Seafood

4 mahi mahi fillets (2)
 (OR sub salmon or halibut)



Oils & Vinegars

~3/4c olive oil
 6T apple cider vinegar (3,5,6)



Eggs

4 eggs, omega 3 (6)

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



July Menu, Week 4: Prep Day

Preheat oven 375 F. (6)



Sweet Potatoes: Wrap 4 sweet potatoes in foil. Bake at 375 F for 50-60 mins or until soft/ cooked through. Cool. [*] (6)



Pineapple: Peel, core and cut 1 pineapple into quarters. Finely dice ¼ of the pineapple for salsa (~1-2c) and set aside (2). Cut remaining ¾ pineapple into ~1" pieces (~5-6c) and freeze in single layer on sheet tray for 1 hour, then put in container. [*](8) Go to <http://prepdish.com/easily-cut-pineapple/> for a video on how to cut a pineapple. (2,8)

Asparagus: Remove and discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil + S&P. [*] (2)

Mushrooms & Broccoli: Quarter mushrooms & chop broccoli in 1" bite-sized pieces. Toss w/ 1-2T olive oil & season w/ S&P. Option: add a pinch of red chili flakes. [*] (1)

Carrots: Cut 1# carrots into 1" pieces, peeling optional. Set aside. (3)

Corn: Shuck & clean corn on cob. [*] (3)

Stuffed Peppers: Chop 2 garlic cloves + 1 shallot (or ½ sm onion). Set aside. (4)

Stuffed Peppers: Chop artichokes (reserving 2T liquid from can), sundried tomatoes and parsley to equal ~1c each. Set aside. (4)

Stuffed Peppers: Cut tops off 8 peppers and carefully scoop seeds out. May need to trim bottoms so they can "stand". (4)

Salsa: Finely dice 1 jalapeño (discarding seeds) + 1 red bell pepper + green onions (for ~1T). Set aside. (2)

Slaw: Thinly slice remaining green onions to yield ~¼c. Zest and juice 1 lemon. Set both aside. (5)

Ginger, optional: Finely grate ginger for 2-3tsp. [*] (8)



Stuffed Bell Peppers (4)

Heat skillet with 1tsp olive oil over medium. Add 1# ground turkey + 1 shallot (or ½ sm onion), chopped + 2 garlic cloves, chopped. Cook 10-12 minutes, breaking meat apart, until turkey browns and is cooked through. Cool slightly.

In a bowl, toss cooked turkey + 1c chopped artichokes + 2T liquid from artichoke jar + 1c chopped sundried tomatoes + 1c parsley. Option to mix in 8oz crumbled feta.

Lightly oil baking dish & stand peppers upright. Fill each pepper w/ turkey mixture, pressing down to stuff the peppers. Cover. [*] (4)



Sundried Tomato Pesto (1)

Blend the following until smooth:

- 4T oil (from sundried tomatoes or use olive oil)
- 1 garlic clove
- 1c walnuts
- 1oz parm (optional); save remaining 1oz parmesan for veggies
- 1-2 large handfuls fresh basil
- ¼c sundried tomatoes

**Note: can thin mixture, if needed, with additional olive oil or water. Add 1T at a time. You want consistency thick enough to spread and stick onto chicken breasts below.

Coat 4 chicken breasts in pesto (~2T/ breast). [*] (1)



Honey BBQ Sauce (3)

Whisk together (can also use a blender):

- 2c strained or pureed tomatoes
- 3T chili powder
- ¼c apple cider vinegar
- ½c honey
- S&P (~¼ tsp salt). [*] (3)

Pineapple Salsa (2):

Toss together:

- 1c diced pineapple
- 1 diced red bell pepper
- 1 diced jalapeño
- 1T chopped green onion
- lime juice to taste (1-2tsp)
- ¼tsp salt (or to taste) [*] (2)

Broccoli Apple Slaw (5)

Whisk together for dressing:

- ½c mayo
- zested and juiced lemon
- 1T apple cider vinegar
- 1tsp horseradish (optional)
- 1½tsp honey
- S&P. [*] (5)

Toss together:

- ~10oz broccoli slaw (or cabbage slaw)
- ¼c chopped green onion
- ¼c dried cherries
- ¼c sunflower seeds. [*] (5)

**Note: store dressing & slaw separately until ready to eat.

Smoky Lime Carrots (3)

Whisk together 2T olive oil + juice and zest of 1 lime + 1tsp honey + ½tsp salt + ½tsp cumin + ½tsp coriander + ½tsp smoked paprika. Mix with 1# chopped carrots. [*] (3)

Snack: Option to put ¼c almonds + 2 apricots in snack bag. Repeat for 4 servings. Can also do this on Dish Day. [*] (7)

Coconut Milk: Place 1 can full fat coconut milk in fridge for DD. [*] (8)

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



July Menu, Week 4: Dish Day

Day 1

Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli (1)

1. Preheat oven to 400 F. Bake chicken for ~30-40 min or cooked through to internal temperature of 165 F.
2. Roast mushrooms & broccoli for ~25-35 minutes or until just browning. Option to top w/ shredded parmesan.

Day 2

Mahi Mahi w/ Pineapple Salsa & Asparagus (2)

1. Preheat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked and flaky OR option to grill, 4-6 minutes/ side. Season w/ S&P.
3. Roast asparagus for 10-12 minutes, tossing halfway through cooktime.
4. Serve fish topped with salsa. Optional: serve with a lime wedge on side.

Day 3

Slow Cooker BBQ Ribs w/ Corn on the Cob & Smoky Lime Carrots (3) *note: cooks all day in slow cooker*

1. Place ribs & BBQ sauce in slow cooker on high for 4-6 hours or low for 8-10 hours.
2. At dinner: preheat oven to 400 F.
3. Roast carrots for ~20-25 mins or until carrots are just tender.
4. Boil corn on the cob for ~5 mins. Option to serve w/ pat of butter, S&P.

Day 4

Mediterranean Stuffed Bell Peppers (4)

1. Preheat oven to 450 F.
2. Bake stuffed peppers covered w/ foil for 15 mins. Remove foil, bake another 10-15 min until peppers are tender & meat reheated.

Salad

Broccoli & Apple Slaw (5)

1. Thinly slice 2 honeycrisp apples into thin matchsticks or bite-sized pieces.
2. Add apples to slaw salad and top with dressing. Mix well.

**Note: Can mix 1-2 hours before serving to soak in dressing.

Breakfast

Poached Eggs over Sweet Potatoes & Sliced Avocado (6)

1. Peel sweet potatoes and reheat in large sauté pan over med heat for ~10 min or heated through.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked sweet potatoes & topped w/ avocado slices. Season w/ S&P.

Snack

Apricots & Almonds (7)

1. One serving = ¼c almonds + 2 apricots

Dessert

Pineapple Nice Cream (8)

1. Place 1 can chilled, full fat coconut milk in food processor or blender. **Note: Food processor works best.
2. Add frozen chopped pineapple (~5-6c) and blend on high until smooth (this may take 5-10 min of blending).
3. Pulse in 2-3tsp grated ginger, if desired, until well combined. Yields ~4-8 servings.