



September Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms
2. Meal 2: Cajun Shrimp w/ Polenta & Asparagus
3. Meal 3: Vietnamese Steak Bowl
4. Meal 4: Turkey & Eggplant Lasagna
5. Salad: Spinach w/ Blackberries, Avocado & Hemp Seeds
6. Breakfast: Gingered Mango Smoothie
7. Snack: Fruit Salad
8. Dessert: Almond Butter Brownies



Herbs

1 garlic bulb (1,3)
1 bunch fresh mint (3)
1 bunch fresh cilantro (3)
2-3" knob ginger, optional (6)



Fruits

2 pints blackberries (5,7)
4 oranges (7)
4 kiwi (7)
3 limes (3)



Dairy (optional)

4oz soft goat cheese log (1)
1½c shredded parmesan (4)
32oz low-fat Greek yogurt (4)



Pantry

~24oz jar spaghetti sauce (4)*
1 pkg GF lasagna noodles (4)*
½c fish sauce (3)*
1T sriracha, optional (3)
2T tamari (3)*
1 can full-fat coconut milk (6)*
14oz can bean sprouts (3)*
1 pkg thin rice noodles (3)*
1c medium grind cornmeal (2)
16oz jar almond butter (8)*
½c cocoa powder (8)
1tsp baking soda (8)
1½c honey (3,8)
(OR sub maple syrup or agave)
1tsp vanilla (8)



Veggies

1 bunch green onion (3)
1 seedless cucumber (3)
1 bunch Swiss chard (1)
1 bunch asparagus (2)
1 eggplant (4)
2 avocados (5)
10oz shredded carrots (3)
8oz sliced mushroom (4)
8oz whole mushrooms (1)
2 lg red potatoes (1)
5oz tub spinach (5)



Meats

1½# flank steak (3)
1# lean ground turkey (4)
4 chicken breasts, pounded thin/ scallopini (1)
4 slices of thin-cut bacon (1)*



Nuts & Seeds

¼c hemp seeds (5)
¼c sliced almonds, optional (3)
1T sesame seeds, optional (3)



Spices

1T Creole seasoning (2)*
2T Italian seasoning (4)*
1T oregano (1)
1tsp cinnamon (8)



Frozen

20oz mango chunks (6)
12oz broccoli (6)



Eggs

2 eggs (8) (omega-3)



Oils & Vinegars

~1¼c olive oil
¼c balsamic vinegar (5)
2T apple cider vinegar (2)
2T rice vinegar (3)*

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



September Menu, Week 1: Prep Day

Pre-heat oven to 350 F. (4,8)



Eggplant: Thinly slice eggplant, $\frac{1}{4}$ " thick - best done on mandolin, spray/ rub lightly w/ olive oil, season w/ S&P, place on sheet pan. Place eggplant in 350 F oven and roast for 15-20 minutes or until lightly browned (remove halfway and carefully flip). (4)

Asparagus: Chop bottom 2-3 inches off 1 bunch asparagus. Toss with 1T olive oil, S&P. [*] (2)

Mushroom & Potato: Half whole mushrooms & chop 2 red potatoes into $\frac{1}{2}$ " cubes. Toss w/ 1T olive oil, 1T oregano, S&P. [*] (1) (if not eating within 24 hours, hold off on cutting potatoes until Dish Day to prevent browning).

Chard: Remove leaves from 1 bunch chard, finely chop leaves, discarding stems. Set aside for chicken. (1)

Bowl: Chop 1 bunch cilantro & 1 bunch mint. Thinly slice 1 seedless cucumber & 1 bunch green onions. Store all separately. [*] (3)

Fruit Salad: Peel, segment and chop 4 oranges. Peel and slice 4 kiwi into rounds. Toss w/ 1 pint blackberries. [*] (7)

Garlic: Finely mince 3 garlic cloves. Set aside $\frac{1}{3}$ for chicken (1) and $\frac{2}{3}$ for Vietnamese bowl (3). (1,3)

Bacon: Finely chop 4 slices of bacon into $\frac{1}{2}$ " pieces, set aside. (1)



Polenta (2)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add $\frac{1}{2}$ tsp salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (2)

Rice Noodles: Cook 1 package of rice noodles according to package directions. Drain and cool. [*] (3)



Tomato Sauce, Lasagna (4)

In a large sauté pan over med-high heat, cook 1# ground turkey + 8oz sliced mushrooms + 2T Italian seasoning for 12 min. Stir in ~24oz jar spaghetti sauce, remove from heat, allow to cool. (4)

Chicken (1)

In a large sauté pan, heat 4 slices chopped bacon, chopped chard leaves & minced garlic for ~8 min or until bacon is cooked. Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool. (1)



Brownies (8)

Whisk together wet ingredients:

- 1 jar (16oz) almond butter
- 1c honey (OR sub agave or maple syrup)
- 2 eggs
- 1tsp vanilla

In a separate large bowl, stir together dry ingredients:

- $\frac{1}{2}$ c cocoa powder
- 1tsp baking soda
- 1tsp cinnamon

Add wet ingredients to dry ingredients and stir until well combined.

Bake in a prepared 9x13" pan at 350 F for ~20-30 minutes or until cooked through/ top bounces back when pressed gently. [*] (8)



Lasagna (4)

Stir together the following for the "white layer":

32oz greek yogurt + 1c shredded parmesan

Assemble lasagna by layering in a 9x13" pan:

- 1/2 turkey tomato sauce
- a layer of GF lasagna noodles (Note: these do not need to be pre-cooked)
- 3/4 white layer mixture
- eggplant "noodles"
- remaining 1/2 turkey tomato sauce

Dot w/ remaining white mix & top w/ 1/2c parmesan & cover w/ foil. [*] (4)

Side Salad (5)

Layer in container as follows:

- 1/2 tub spinach
- 1/2 pint blackberries
- 1/8c (~2T) hemp seeds

Repeat layers. [*] (5)

Chicken (1)

Pound 4 chicken breasts flat, if necessary. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [*] (1)



Cajun Marinade (2)

Whisk together: 1T Creole seasoning + 1/2c olive oil + 2T apple cider vinegar. [*] (2)

Vietnamese Bowl Marinade (3)

Combine: 1/2c fish sauce + 1/3c lime juice (~3 limes) + 2T honey + 2 garlic cloves, minced + 2T tamari. Reserve 1/2 for dressing below and store other half to marinade flank steak on Dish Day. [*] (3)

Vietnamese Bowl Dressing (3)

Combine: 1T olive oil, 2T rice vinegar, 1T sriracha (optional) + 1/2 of Vietnamese marinade above. [*] (3)

Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper. [*] (5)

KEY

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



September Menu, Week 1: Dish Day

Day 1

Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms (1)

1. Preheat oven to 400 F.
2. Roast potatoes & mushrooms for 35-40 minutes or browned/ cooked through, tossing halfway through cook time.
3. Bake chicken ~40 minutes or cooked through to 165 F.

Day 2

Cajun Shrimp w/ Polenta & Asparagus (2) *marinate for 30min up to an hour*

1. Marinate shrimp for 30 minutes up to 1 hour in Cajun marinade. Preheat oven to 425 F.
 2. Warm polenta in oven, covered, ~30-40 minutes.
 3. Place shrimp & asparagus on separate sheet pans. Roast for ~12 min or until shrimp are cooked and asparagus are tender.
- *Note: option to start marinating flank steak tonight.

Day 3

Vietnamese Steak Bowl (3) *marinate for 30min up to 24 hours*

1. Pour reserved half of marinade over 1.5# steak and marinate for at least 30 minutes (or refrigerate up to 24 hours).
2. Remove dressing from fridge and bring to room temp.
3. Preheat grill to high. Brush off any excess marinade on flank steak.
4. Grill until done to taste, about 3-4 minutes per side for rare.
5. Transfer steak to cutting board and let rest 10 minutes under foil, then thinly slice steak (against the grain).
6. Arrange bowls with desired ingredients: cooked rice noodles, sliced steak, cucumber slices, shredded carrots, bean sprouts, 1T green onion, 1T chopped mint and/or cilantro, and chopped almonds and/or sesame seeds.
7. Drizzle with dressing, approx 1-2T per serving.

Day 4

Turkey & Eggplant Lasagna (4)

1. Preheat oven to 375 F and bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Cool ~10min.

Salad

Spinach w/ Blackberries, Avocado & Hemp Seeds (5)

1. Bring dressing to room temp.
2. Slice 2 avocados and top salad.
3. Drizzle 1-2T of dressing over each serving of salad.

Breakfast

Gingered Mango Smoothie (6)

1. In a blender, add 1/2c full fat coconut milk + 1/2c water + 1 1/4c frozen mango + 3/4c frozen broccoli + 1tsp grated ginger, optional.
2. Blend on high until smooth, adding additional water as needed. Yields 2 servings. Repeat for additional 2 servings.

Snack

Fruit Salad (7)

Dessert

Almond Butter Brownies (8)