



# September Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach
2. Meal 2: Hazelnut Pork Chops w/ Celery Root Puree & Green Beans
3. Meal 3: Shrimp Stir Fry w/ Sesame-Almond Quinoa
4. Meal 4: Sheet Pan Baked Turkey w/ Sweet Potatoes & Carrots
5. Salad: Mixed Greens w/ Blood Oranges, Celery, & Pecans
6. Breakfast: Mashed Acorn Squash w/ Poached Eggs & Avocado Slices
7. Snack: Celery & Cashew Butter
8. Dessert: Cashew Butter Cups



## Herbs

- 1 bulb garlic (1,3)
- 2" knob ginger (3)
- 1 bunch fresh thyme (4)
- (OR fresh poultry herb mix)



## Fruits

- 3 blood oranges (5)
- (OR sub navel oranges)



## Nuts

- 3c hazelnuts (2)
- ½c chopped pecans (5)
- ½c sliced almonds (3)



## Pantry

- 1c quinoa (3)
- ½c grainy mustard (1)\*
- 2T low-sodium tamari (3)\*
- ¾c cashew butter (7,8)\*
- 1c cocoa powder (8)\*
- (OR sub cacao powder)
- ¼c honey (8)
- 12 muffin liners (8)



## Veggies

- 2 large celery root (2)
- (OR sub potato or cauliflower)
- 1 bunch celery (5,7)
- 1# carrots (3,4)
- 1 head broccoli (3)
- 3-4c green beans (2)
- 1-2 avocados (6)
- 1 bell pepper (3)
- 4 acorn squash (1,6)
- 1 large sweet potato (4)
- 5oz tub mixed greens (5)
- 5oz tub baby spinach (1)



## Meats

- 4-8 bone-in, skin-on chicken thighs (1)
- 4-8 thin-cut pork chops (2)
- 1½# turkey breast (4)
- (OR sub chicken breast)



## Eggs

- 11 eggs (omega-3) (2,6)



## Seafood

- 1# shrimp, peeled, deveined, tails removed (3)



## Oils & Vinegars

- ~1c olive oil
- ~1½c coconut oil (1,3,6,8)
- 3T toasted sesame oil (3)
- ¼c balsamic vinegar (5)
- 1T apple cider vinegar (6)



## Spices

- ½tsp garlic powder (4)
- 1tsp dried rosemary (4)

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



## September Menu, Week 2: Prep Day



**Celery Root:** Peel & roughly chop 2 large celery root, set aside. (2)

**Stir Fry:** Cut 1 broccoli into bite-sized pieces. Cut 1 bell pepper and 2 carrots into long, thin strips. Store separately. [\*] (3)

**Stir Fry:** Peel and grate 1T ginger for stir fry. Chop 2-3 cloves garlic, ~1T. [\*] (3)

**Celery:** Finely dice 1/2c celery for salad, set aside (5). Cut remainder into 3" snack-sized pieces. [\*] (7) (5,7)

**Green Beans:** Trim 3-4c green beans if needed. Toss w/ 1-2T olive oil, S&P. [\*] (2)

**Turkey:** Peel & cut 1 lg sweet potato + 3 carrots into 1" pieces. Toss with 1-2T olive oil. Slice any leftover carrots for snacking. [\*] (4)

**Acorn Squash:** Cut 4 squash in half (lengthwise) and remove seeds. Place ~1/2T coconut oil in each half, season w/ salt. [\*] (1,6)

**Blood Oranges:** Peel & cut 3 blood oranges into small segments. Set aside. (5)

**Garlic:** Finely chop 2-3 cloves garlic for sautéed spinach (option to store in spinach container). [\*] (1)

**Turkey:** Cut 1 1/2# turkey breast into 2-inch cubes. Ok to leave skin on. [\*] (4)



**Quinoa:** add 2c water + 1c quinoa to large pot. Bring to a boil, turn heat to low. Cook 20-25min. Set aside to cool. (3)

**Celery Root:** Bring 4c water/ broth to boil, add chopped celery root lower to med, simmer 20 min, turn off heat, cover, set aside. (2)



### Hazelnut Pork (2)

In blender or food processor, blend 3c hazelnuts until sand-like consistency. Place in a shallow bowl.

Whisk 3 eggs, place in a second shallow bowl.

Dredge each pork chop in eggs & then hazelnut crust. Salt lightly if hazelnuts are unsalted. [\*] (2)

### Celery Root Puree (2)

Place cooked celery root in blender, reserving cooking liquid.

Add 1/4c cooking liquid to blender and blend until smooth. May need to add additional liquid, add only 1-2T at a time.

Season to taste w/ S&P. [\*] (2)



### Cashew Butter Cups (8)

Place 12 muffin liners in a muffin pan.

In a saucepan over low heat, whisk together:

1c coconut oil + 1c cocoa powder + 1/4c honey + pinch of salt

Whisk until coconut oil is melted and ingredients are well combined. Remove from heat.

Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min. Once cocoa mixture hardens, place 1tsp cashew butter in center of each cup and "flatten" slightly. Top with additional 1-1.5T cocoa mixture (enough to cover completely). Place in freezer for 10 min or until hardened. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.



### **Salad (5)**

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c chopped pecans
- 1/4c chopped celery
- 1/2 of segments from 3 blood oranges

Repeat layers. [\*] (5)

### **Quinoa (3)**

Toss together:

- cooked quinoa
- 1-2T toasted sesame oil
- 1/2c sliced almonds [\*] (3)

**Chicken Thighs:** Rub ~1T of grainy mustard onto each thigh & underneath the skin (but leaving skin on). Season w/ S&P. [\*] (1)



### **Balsamic Dressing (5)**

Combine:

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

### **Stir Fry Sauce (3)**

Combine:

- 2T low-sodium tamari
- 1T toasted sesame oil [\*] (3)

## **KEY**

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



## September Menu, Week 2: Dish Day

### Day 1

#### Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach (1)

1. Preheat oven: 425 F. Bake chicken & squash for 40-45 min or cooked through. Store ½ of cooked squash for breakfast (6).
2. Heat 1tsp oil in large sauté pan. Add garlic & spinach, sauté for 5-6 minutes. Season w/ S&P.

### Day 2

#### Hazelnut Pork Chops w/ Celery Root Puree & Green Beans (2)

1. Preheat oven to 375 F. Bake pork chops for 35-45 minutes or cooked through (145 F).
2. Heat celery root puree, covered, in oven for ~40 min or heated through.
3. Roast green beans in oven ~10-15 minutes, tossing halfway through cooktime.

### Day 3

#### Shrimp Stir Fry w/ Sesame-Almond Quinoa (3)

1. Reheat quinoa, covered, in 350F oven for 30-40 minutes (or microwave).
2. Add 1tsp coconut oil to large sauté pan over high heat, add ginger, garlic + 1# shrimp, cook 1 min.
3. Add bell pepper and carrots, continue to stir, cooking ~ 8-10 minutes.
4. Add broccoli & stir fry sauce, stirring to coat all ingredients with sauce, cooking additional 3-4 min.

### Day 4

#### Sheet Pan Baked Turkey w/ Sweet Potatoes & Carrots (4)

1. Preheat oven to 375 F.
2. Place chopped sweet potatoes & carrots + turkey cubes on sheet pan lined w/ parchment, spread evenly to avoid crowding.
3. Sprinkle evenly with ½tsp garlic powder, 1tsp rosemary, S&P.
4. Bake for 25-30 mins, tossing vegetables and turkey halfway through, baking until turkey reaches 165 degrees.

### Salad

#### Mixed Greens w/ Blood Oranges, Celery & Pecans (5)

1. Shake dressing well and drizzle over salad, ~1-2T/ serving.

### Breakfast

#### Mashed Acorn Squash w/ Poached Eggs & Avocado Slices (6)

1. Reheat 4 acorn squash halves in preheated oven, toaster oven or microwave. Mash squash with a fork.
2. Bring water to a very low simmer, add 1T apple cider vinegar. Crack eggs individually, slowly add 4-8 eggs & cook 5 min.
3. Remove eggs with slotted spot and serve over baked acorn squash halves & topped w/ avocado slices. Season w/ S&P.

### Snack

#### Celery & Cashew Butter (7)

### Dessert

#### Cashew Butter Cups (8)