



September Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash
2. Meal 2: Mushroom, Bean & Beef Tacos w/ Avocado & Jicama Slices
3. Meal 3: Mahi Mahi over Zoodles
4. Meal 4: Potato & Bacon Soup w/ Almond Flour Biscuits
5. Salad: Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese
6. Breakfast: Broccoli & Cheddar Frittata w/ Grapes
7. Snack: Cinnamon Raisin Energy Bites
8. Dessert: Cherry Mousse



Herbs

1 bulb garlic (3,4)



Fruits

1 bunch grapes (6)
1 lemon (3)



Dairy (optional)

4oz cheddar cheese (6)
4oz goat cheese crumbles (5)
4oz soft goat cheese (1)
1T butter, optional (3)



Pantry

1 can artichoke hearts (1)
(in water)
1 can kidney beans (2)
5c veggie broth (3,4)*
1c almond butter* (7)
4tsp maple syrup, optional (7)
1/2c unsweetened coconut
flakes* (7)
2 1/2c almond flour (4)
1tsp baking soda (4)
1tsp vanilla (8)
organic corn taco shells (2)*
(OR sub w/ lettuce for wraps)



Veggies

1 carrot (4)
4 avocados (2,8)
1 lg or 2 sm jicama (2)
1 head broccoli (6)
2-3# butternut squash (1)
(OR 1# pre-cut squash)
2 med zucchini (3)
(OR sub GF pasta)
8oz sliced mushrooms (2)
2-4 beets (5)
1 yellow onion (4)
1 shallot (3)
4 red potatoes (4)
5oz tub mixed greens (5)
5oz tub spinach (2)



Meats

1-1 1/2# grassfed ground beef
(2)
4 boneless, skinless chicken
breasts (1)
(pounded thin if available)
3 thin slices bacon (4)*



Nuts & Dried Fruits

2T pinenuts (1)
1/2c chopped walnuts (5)
1c raisins (7)
1/2c hemp seeds (7)
(OR sub flax seeds)
1/2c pecans (7)



Seafood

4 mahi mahi fillets, 4-7oz ea.
(3)



Oils & Vinegars

~1c olive oil
1/4c balsamic vinegar (5)
1/4c coconut oil (4)



Spices

2T taco seasoning (2)*
1T dried basil (1)
1T cinnamon (7)



Frozen

4c frozen cherries (8)



Eggs

12 eggs (omega-3) (4,6)

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



September Menu, Week 4: Prep Day

Preheat oven to 350 F. (5,6)



Beets: Peel & finely dice 2-4 beets, ~ $\frac{1}{2}$ ". Toss w/ 1T olive oil, S&P. Place in single layer on baking sheet & roast 45min-1hr. Cool. (5)



Zucchini: Thinly slice 2 zucchini into long spaghetti-like strips (best on a mandolin or spiralizer). [*] (3)

Artichoke Hearts: Drain liquid from can and finely chop hearts, set aside. (1)

Butternut Squash: Peel 1 butternut squash & remove seeds. Chop into $\frac{1}{2}$ " cubes. Toss w/ 1T olive oil + 1T dried basil + S&P. [*] (1)

Jicama: Peel & cut 1 large jicama into large matchsticks. [*] (2)

Frittata: Chop 1 broccoli into small, bite-sized pieces. Cut 4oz cheddar cheese (if using) into $\frac{1}{4}$ " cubes. (6)

Soup: Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. (4)

Bacon: Finely chop 3 slices bacon for soup. (4)

Shallot & Garlic: Chop 1 shallot and mince 3 garlic cloves, set aside. (3)



Frittata (6)

In a large bowl, whisk together 10 eggs.

Stir in:

- 4oz cubed cheddar cheese, optional
- 3-4c chopped broccoli
- $\frac{1}{2}$ tsp black pepper + $\frac{1}{8}$ tsp salt

Put into well-oiled casserole dish and bake at 350 F for 25-35 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [*] (6)



Potato & Bacon Soup (4)

In a large stock pan over high heat, saute 3 slices chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic), 4-5 minutes.

Add 4 cut red potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. [*] (4)



Beef Tacos (2)

Place 1-1 $\frac{1}{2}$ # ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 5oz spinach + 8oz sliced mushrooms + 1 can kidney beans (drained) + 2T taco seasoning, cook w/ beef, 8-10 min. Cool. [*] (2)



Mahi Mahi Dressing (3)

In small skillet, heat 1 teaspoon olive oil to medium-low. Add shallot and garlic and saute until soft, about 2 minutes. Set aside and cool. Pour shallot/garlic into small bowl. Add juice of one lemon, zest of one lemon and 1c veggie broth. [*] (3)



Almond Flour Biscuits (4)

In a large bowl, whisk 2 room temp eggs. Stir in: 2½c almond flour + 1tsp baking soda + ½tsp salt. Stir in ¼c coconut oil until well combined. (oil should be liquid, if it's not liquid, melt and cool as it shouldn't be "hot"). Drop by 1T onto baking sheet brushed with oil. Bake at 375 F for 13-15 minutes. Yields ~20 biscuits. [*] (4)



Cinnamon Raisin Energy Bites (7)

Place following ingredients in a food processor and blend on high until all ingredients are just combined:

- 1c raisins
- 1c almond butter
- ½c unsweetened coconut flakes
- ½c hemp seeds (or sub flax seeds)
- ½c pecans
- 1T cinnamon
- ½tsp salt
- 2-4tsp maple syrup, optional

Use a 1T to portion out and roll into balls. Yields ~30 bites, 3-4 bites/ serving. Store in fridge. [*] (7)

Salad (5)

Layer the following:

- ½ tub mixed salad greens
- ¼c chopped walnuts
- ½ of diced roasted beets
- 2oz goat cheese crumbles

Repeat layers. [*] (5)

Stuffed Chicken:

Mix together 1 can chopped artichoke hearts + 4oz goat cheese (optional) + 2T pine nuts.

Place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of a cutting board. Using a mallet, pound thin. Divide artichoke mixture amongst chicken breasts, spreading out, and tightly roll. [*] (1)



Balsamic Dressing (5)

Combine ½c olive oil + ¼c balsamic vinegar + pepper to taste [*] (5)

KEY

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



September Menu, Week 4: Dish Day

Day 1

Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash (1)

1. Preheat oven to 425 F.
2. Place butternut squash on an oiled sheet tray, roast for 30-40 min, remove from oven, tossing halfway through cook time.
3. Place chicken in an oiled baking pan, bake for 30-35 min or until cooked through & no longer pink (internal temp: 165F).

Day 2

Mushroom, Bean & Beef Tacos w/ Avocado & Jicama Slices (2)

1. Put beef filling in a large sauté pan over med-high heat and reheat for ~5 minutes. Slice 2 avocados.
2. Serve filling in taco shells or lettuce leaves, topping with avocado slices and jicama on the side.

Day 3

Mahi Mahi over Zoodles (3)

1. Steam zoodles until soft, divide evenly on 4 plates.
2. Heat 1T oil + 1T butter (butter optional) in large skillet, cast iron works best.
3. Season fish with S&P and place into hot pan. Cook on each side for 5 to 6 minutes or until cooked through and flaky.
4. Remove fish fillets from pan and plate w/ zoodles.
5. Turn heat down and pour lemon shallot dressing into pan, simmer for 3 to 5 minutes, until warm and starting to reduce.
6. Spoon dressing over each serving.

Day 4

Potato & Bacon Soup w/ Almond Flour Biscuits (4)

1. Reheat on stovetop until just bubbly/ heated through. Serve with Almond Biscuits.

Salad

Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese (5)

1. Allow salad dressing to come to room temp before serving. Shake well and drizzle over salad, ~1-2T/ serving.

Breakfast

Broccoli & Cheddar Frittata w/ Grapes (6)

1. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through. Serve w/ grapes.

Snack

Cinnamon Raisin Energy Bites (7)

Dessert

Cherry Mousse (8)

1. Add 4c frozen cherries, pulp of 2 avocados (~2c) and 1tsp vanilla extract to food processor or blender. Blend on high until smooth.