



# October Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Lemon Garlic Baked Salmon w/ Whole Roasted Carrots & Asparagus
2. Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard
3. Meal 3: Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans
4. Meal 4: Grassfed Beef Chili
5. Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds
6. Breakfast: Strawberry Colada Smoothie
7. Snack: Carrots Dipped in Pesto
8. Dessert: Dark Chocolate Apricots



## Herbs, etc.

- 1 bunch basil (3,7)
- 1 head garlic (2,3,4,7)



## Fruits

- 4 lemons (1,3,7)
- 2 apples (5)
- 2 bananas (6)



## Dairy (optional)

- 4-6oz cheddar cubes (5)
- 2-4oz parmesan cheese (3,7)
- 4oz shredded jack cheese (4)



## Pantry

- 28oz can fire roasted diced tomatoes (4)\*
- 16oz brown rice spaghetti (3)\*
- 4c chicken broth (3,4,7)\*
- 1/2c grainy mustard (2)\*
- 15oz can white beans (3)
- 15oz can black beans (4)
- 15oz can pinto beans (4)
- 1 can coconut milk (6)
- 1/2c almond butter (6)\*
- 1/4c maple syrup (2)
- 1c dark chocolate chips or discs (70%+ preferred) (8)
- 2tsp vanilla (6)



## Veggies

- ~2# carrots (1,7)
- 1 bunch asparagus (1)
- 2 bunches Swiss chard (2,4)
- 1 head broccoli (3)
- 1 red bell pepper (4)
- 16oz sliced mushrooms (3)
- 1 yellow onion (4)
- 4 baking potatoes (2)
- 5oz tub mixed greens (5)



## Meats

- 1# grass-fed, organic lean ground beef (4)
- 8 boneless, skinless chicken thighs (2)



## Nuts & Dried Fruits

- 1c walnuts (3,7)
- 2T chia seeds (6)
- 1/2c sliced almonds (5)
- 1/2c dried cherries (5)\*
- 1c dried apricots (8)\*



## Seafood

- 4 salmon fillets, 4-6oz ea (1)



## Oils & Vinegars

- ~1 1/2c olive oil
- 1/4c balsamic vinegar (5)



## Herbs & Spices

- ~1/4tsp garlic powder (1)
- ~2T chili powder (4)\*
- 1 dried chipotle pepper (4)
- (OR ancho/ other dried pepper)



## Freezer

- 2c frozen strawberries (6)

\*Note: read ingredient list to avoid added gluten, sugars & msg.



## October Menu, Week 4: Prep Day

**Pre-heat oven to 350 F. (1,2)**



**Potatoes:** Pierce 4 baking potatoes with a fork. Bake at 350 F for 55-65 mins or until soft & cooked through. Cool. [\*] (2)

**Carrots:** Toss 1# whole carrots (peeling optional) in 1T olive oil + S&P. Bake ~1-1½ hours until roasted & just browned. Cool. [\*] (1)



**Chipotle:** Boil 3c water in a small pan, remove from heat, add 1 dried chipotle pepper and cover w/ lid. Allow to re-hydrate. (4)



**Banana:** Cut 2 bananas into quarters & freeze in single layer. (6)

**Garlic:** Finely chop 4-6 cloves garlic, set aside 1T for chili (4), 1tsp for chard (2) & 1 peeled clove for pesto (3,7). (2,3,4,7)

**Chili:** Dice 1 yellow onion & 1 red bell pepper for chili, set aside. (4)

**Chard:** Remove leaves from chard stems. Finely chop chard stems and set aside for use in chili (4)

Finely chop chard leaves, place in a container w/ 1tsp chopped garlic. [\*] (2)

**Asparagus:** Remove bottom 2-3" from 1 bunch asparagus. Toss remaining spears w/ 1-2T olive oil + S&P to taste. [\*] (1)

**Lemons:** Thinly slice 2 lemons for salmon. [\*] (1)

**Broccoli:** Cut broccoli into bite-sized pieces. [\*] (3)

**Carrots:** cut 1# carrots into 2-inch sticks for snacking. [\*] (7)



### Chili (4)

In lg soup pot, sauté 1# ground beef, breaking meat apart. Add diced bell pepper, onion, chard stems & 1T garlic, sauté 10 min.

Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).

Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chili to sautéed veggies.

Drain 1 can pinto & 1 can black beans. Add to veggies w/ 28oz fire roasted diced tomatoes + 2T chili powder + 3½c chicken broth.

Bring to a boil, lower to low-med heat, stirring occasionally. Add water/ broth as needed (make sure to reserve ¼c broth for pesto).

Continue to cook for 30 mins - 1 hour. Season to taste w/ chili powder, S&P. Remove from heat & cool before storing. [\*] (4)

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.



### Apricots (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.

Dip 1c dried apricot halves into chocolate and place onto parchment or foil. Allow to cool. [\*] (8)



### **Pesto (3,7)**

Place the following in blender or food processor:

- 1/2c olive oil
- 1/4c chicken broth
- 1c walnuts
- 2oz parmesan (size of 2 dominos)
- 1 peeled garlic clove
- ~1c fresh basil leaves
- ~2-3T lemon juice (~2 lemons, add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. (3,7)



### **Strawberry Colada Smoothie (6)**

Place the following in a quart freezer bag:

- 4 frozen banana quarters (for a total of 1 whole)
- 1c frozen strawberries

Repeat for 2 total bags. Lay flat to freeze. [\*] (6)

\*Note: ~2 servings per bag

### **Salad (5)**

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c sliced almonds
- 1/4c dried cherries
- 2oz cheddar cubes

Repeat layers. [\*] (5)



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

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

### **Maple-Mustard Marinade (2)**

Whisk together: 1/2c grainy mustard + 1/4c maple syrup + 1/4c olive oil + 1/2tsp salt. [\*] (2)

## **KEY**

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



## October Menu, Week 4: Dish Day

### Day 1

#### Lemon-Garlic Salmon w/ Whole Roasted Carrots & Asparagus (1)

1. Preheat oven to 400 F. Place whole roasted carrots in a baking pan and reheat in oven for ~20 minutes.
2. Place 4 salmon fillets on a lined baking sheet. Sprinkle with garlic powder (~1/4 tsp total) + S&P & top with a layer of lemon slices.
3. Place asparagus on same baking sheet as salmon.
4. Roast salmon & asparagus for ~13-15 minutes or salmon is flaky and just cooked through. Toss asparagus halfway through cooking.

### Day 2

#### Maple-Mustard Chicken w/ Baked Potatoes & Swiss Chard (2) \*\*marinate chicken for minimum of 30 mins to 12 hrs\*\*

1. Marinade chicken for 30 mins up to 12 hours.
2. Preheat oven to 375 F. Remove chicken from marinade, place in baking pan and bake for 30-40 minutes or until cooked through.
3. Reheat potatoes in oven until warmed through (option to wrap in foil to prevent drying). season w/ S&P.
4. Heat 1tsp oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.

### Day 3

#### Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans (3)

1. Cook spaghetti according to package instructions, drain and return pasta to pot, toss w/ 3/4c pesto.
  2. In large sauté pan, heat 1tsp oil on med-high. Add 16oz sliced mushrooms & chopped broccoli, cook ~8-10 minutes or until tender.
  3. Add 1 can drained white beans to veggies and cook until heated through. Toss with spaghetti & pesto.
- Reminder: store remaining pesto (~1/2c) to use as a dip w/ carrots for snacking.

### Day 4

#### Grassfed Beef Chili (4)

1. Place in large pot on stove top, re-heat over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency. Option to serve topped w/ jack cheese.

### Salad

#### Mixed Greens w/ Apples, Cherries, Cheddar & Almonds (5)

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

### Breakfast

#### Strawberry Colada Smoothie (6)

1. Add 1 smoothie bag from freezer + 1/4c almond butter + 1/2can coconut milk + 1/2c water to a blender + 1tsp vanilla + 1T chia seeds.
  2. Blend until smooth. Add water as needed for consistency.
- Note: this recipe yields 2 servings. Repeat for additional 2 servings.

### Snack

#### Carrots Dipped in Pesto (7)

1. Dip carrots in 1-2T pesto. Reminder: reserve 1c pesto for pasta.

### Dessert

#### Dark Chocolate Apricots (8)