



October Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara
2. Meal 2: Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice
3. Meal 3: Parsley Roasted Chicken w/ Acorn Squash & Sautéed Kale
4. Meal 4: Shrimp, Sausage & Veggie Gumbo
5. Salad: Crunchy Chopped Salad
6. Breakfast: Avocado Boats w/ Poached Eggs
7. Snack: Carrots & Snow Peas Dipped in "Ranch"
8. Dessert: Sunbutter Bites



Herbs

- 1 bunch parsley (3,5)
- 2 bulbs garlic (1,2,3,4,5,7)
- 2-3" knob ginger (2)
- 1 sm bunch cilantro, optional (6)



Veggies

- 1 bulb fennel (5)
- ~4# spaghetti squash (1)
(1 large or 2 small)
- 2 acorn squash (3)
- ~3c snow peas (2,7)
- 2 bunches kale (3)
- 1# carrots (2,7)
- 1 bunch celery (4,5)
- 2 tomatoes (6)
- 2 green bell peppers (4)
- 2 bell peppers (5)
(mix of red, orange or yellow)
- 8oz sliced mushrooms (1)
- 1 yellow onion (1,4)
- 2 large avocados (6)
- 5oz bag chopped romaine (5)



Frozen

- 12-16oz cut okra (4)



Fruit

- 2 lemons (3)



Meats

- 1# grass-fed, organic ground beef, 95% lean (1)
- 1 link (3oz) raw andouille pork sausage (4)
- 4 bone-in, skin-on chicken leg quarters (3)
- 4 slices bacon (6)



Seafood

- 1# shrimp (4)
(peeled, deveined)



Eggs

- 4 eggs (6)



Dairy (optional)

- 4oz parmesan cheese (1)



Nuts & Dried Fruits

- 1c (~8-10) medjool dates (8)
- 1/2c roasted peanuts (2)
- 1/2c hemp seeds (8)
- 1/2c dried cranberries, optional (8)*



Oils & Vinegars

- ~1 3/4c olive oil
- ~2T coconut oil (3)
- 1T toasted sesame oil (2)
- 1/4c rice vinegar (2)
- 3T apple cider vinegar (5,6,7)



Pantry

- ~25.5oz tomato sauce (1)*
- 2c brown rice (2,4)
- 4c chicken broth (4)*
- 1 can full fat coconut milk (5,7)
- 1/4c low-sodium tamari (2)*
- 1c sunflower seed butter (8)*
- 1c shredded coconut (8)
(unsweetened)
- 3/4c chocolate chips, optional (8)
- ~1/2c cacao nibs, optional (8)



Herbs & Spices

- 1tsp cinnamon (8)
- 3T herbs de Provence (1)*
(or Italian herb blend)
- ~2tsp Creole seasoning (4)*

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



October Menu, Week 2: Prep Day

Preheat oven to 375 F (1,6)



Spaghetti Squash (1)

Pierce the spaghetti squash with a knife and roast for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Remove seeds, then scoop out squash. [*] (1)

Bacon: Place bacon on foil-lined sheet. Bake for 15-20 min until crispy. Crumble into small pieces. Use any remaining bacon to top salad (5). [*] (6)



Rice: 4c water + 2c brown rice, bring to a boil. Reduce to simmer and cover, cook ~1 hour, set aside (covered) to cool. (2,4)



Garlic: Finely chop ~10 cloves garlic (~4T), 1T for gumbo (4), 1T for stir fry (2), 1T for kale (3) & 1T for tomato sauce. (1) (1,2,3,4)

Onion: Dice 1 onion, set aside ½ for marinara sauce (1) & ½ for gumbo. (4) (1,4)

Acorn Squash: Cut 2 squash in half, remove & discard seeds. Rub inside of squash w/ ~1tsp coconut oil ea., season w/ S&P. [*] (3)

Kale: Remove leaves from stem. Discard stems and roughly chop leaves. Store with 1T chopped garlic. [*] (3)

Peppers & Celery: Finely dice 4 bell peppers + 6 stalks celery. Set aside 2 chopped green peppers + 4 stalks chopped celery for gumbo and 2 chopped red, orange or yellow bell peppers and 2 chopped celery stalks for salad. (4,5)

Salad: Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine. [*] (5)

Tomato: Finely chop 2 tomatoes. [*] (6)

Stir Fry: Peel & grate ginger (~1-1.5T). Cut 4 carrots into bite-size pieces, store w/ 2c snow peas, ginger & 1T garlic. [*] (2)

Carrots & snow peas: Cut remaining carrots into 2-inch sticks for snacking. Store w/ remainder of snow peas. [*] (7)



Gumbo (4)

In a large stock pan over med-high heat, sauté 1 link (~3oz) raw andouille sausage, for 2-3 minutes, breaking apart meat.

Add chopped veggies (2 green bell peppers, ½ onion, 4 stalks celery) + 1T garlic + 2tsp Creole seasoning and sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add frozen cut okra + 1# peeled, deveined shrimp + 1c cooked brown rice. Increase heat to medium, bring to rapid simmer.

Then lower heat to low and simmer another 20-30 min, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)



Tomato Sauce (1)

In a large sauté pan, add 1# ground beef + 1T garlic + chopped ½ onion + 8oz sliced mushrooms. Sauté 15 min, breaking apart meat and stirring occasionally. Add ~25.5oz tomato sauce + 3T herbs de Provence + S&P. Stir to combine, cool. [*] (1)



Sunbutter Bites (8)

In food processor combine the following until smooth:

- 1c dates (~8-10), pitted
- 1c shredded, unsweetened coconut
- ½c hemp seeds
- 1c sunflower seed butter
- 1tsp cinnamon

Option to fold in any combination of ¾c chocolate chips, ½c cacao nibs or ½c dried cranberries.

Drop by 1T onto parchment lined baking sheet and freeze in a single layer.

Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!).

Yields ~28-30. [*] (8)

Parsley Marinade (3)

Place the following in a blender:

- ½c olive oil
- large handful fresh parsley
- 2 whole cloves garlic (peeled)
- juice of 2 lemons (~2T)
- 1T salt & fresh ground pepper

Blend until just smooth. [*] (3)

"Ranch" Dressing (5,7)

Blend the following in a blender until smooth:

1c olive oil + 2 peeled garlic cloves + 1 can full fat coconut milk + 2T apple cider vinegar + ¼tsp each salt & pepper

Add 1 large handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.

***Don't over-blend the parsley or it may become bitter.

Ranch dressing will be used for both the Chopped Salad & for dipping carrots & snow peas for snack. [*] (5,7)



Rice: Store remaining cooked brown rice for stir fry. [*] (2)



Stir Fry Sauce (2)

Whisk together: ¼c tamari + ¼c rice vinegar + 1T sesame oil [*] (2)

KEY

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



October Menu, Week 2: Dish Day

Day 1

Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara (1)

1. Preheat oven to 350 F.
 2. Place spaghetti squash and marinara in oven-safe containers and reheat in oven for ~50-60min, stirring sauce halfway through.
 3. Serve spaghetti squash topped w/ marinara. Option to grate parmesan over top.
- Note: if storing dish in glass containers, simply re-heat in oven in these glass containers.

Day 2

Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice (2)

1. Reheat brown rice, covered, in 350 F oven for ~20-30 minutes or in microwave.
2. Add ½T olive oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
3. Add stir fry sauce and cook another 2-3 minutes. Top with peanuts. Serve over warmed rice.

Day 3

Parsley Roasted Chicken w/ Acorn Squash & Sautéed Kale (3) *marinates 1hr-24hrs before cooking*

1. Marinate chicken quarters for 1 hour up to 24 hours (in fridge). Remove from marinade and place in single layer in baking pan.
2. Preheat oven to 400 F. Roast chicken & acorn squash halves, uncovered, 45-55 min.
3. During final 5 min of cooking, heat 1tsp olive oil in large sauté pan and cook kale/garlic for 3-5 min, season w/ S&P.

Day 4

Shrimp, Sausage & Veggie Gumbo (4)

1. Place in large pot on stove top, reheat 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.

Salad

Crunchy Chopped Salad (5)

1. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.
- *Note: Ranch dressing will also be used to dip carrots & snow peas for snacking.

Breakfast

Avocado Boats w/ Poached Eggs (6)

1. Slice 2 avocados in half lengthwise. Roughly chop cilantro (optional).
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. Top each avocado half w/ poached egg + crumbled bacon + chopped tomatoes + cilantro (optional). Season w/ S&P.

Snack

Carrots & Snow Peas w/ "Ranch" (7)

1. Dip carrots & snow peas in Ranch dressing.
- Note: Ranch dressing is also used for the Crunchy Chopped Salad.

Dessert

Sunbutter Bites (8)