



October Menu, Week 1: Grocery List

Serves 4

1. Meal 1: White Bean & Chicken Sausage Cassoulet w/Sauteed Spinach
2. Meal 2: Lemon-Basil Shrimp w/ Italian Quinoa Salad
3. Meal 3: Beef & Butternut Squash Tagine over Quinoa
4. Meal 4: Turkey Taco Soup
5. Salad: Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese
6. Breakfast: Swiss Chard, Mushroom, Onion & Goat Cheese Frittata
7. Snack: Cocoa Peanut Butter Banana "Sushi"
8. Dessert: Cranberry-Pecan Baked Pears



Herbs

- 1 bunch basil (2)
- 1 lg bulb garlic (2,4,6)



Veggies

- 1 bunch swiss chard (6)
- 2-3# butternut squash (3)
(OR 1 bag pre-cut if available)
- 1 cucumber (2)
- 2 carrots (4)
- 1 red bell pepper (4)
- 1 green bell pepper (4)
- 1 yellow bell pepper (4)
- 2 avocados, optional (4)
- 1 pint cherry tomatoes (2)
- 1 jalapeño (4)
- 2x 8oz sliced mushrooms (4,6)
- 2 med sweet potatoes (1)
- 2 yellow onions (1,3,4)
- 1 red onion (6)
- 1 shallot (1)
- 5oz tub mixed greens (5)
- 5oz tub spinach greens (1)



Fruits

- 1 pomegranate (5)
(OR 1 container fresh kernels)
- 4 just soft pears (8)
- 4 small bananas (7)
- 1 lemon (2)



Meats

- 4 GF chicken sausage links (1)*
- 1# beef sirloin (3)
(grassfed, cut into 1" cubes)
- 1# ground turkey breast (4)



Seafood

- 1# shrimp (2)
(peeled & deveined)



Eggs

- 10 eggs (6) (omega-3)



Dairy (optional)

- 4oz blue cheese crumbles (5)
- 4oz goat cheese crumbles (6)
- 1c cheddar cheese (4)
- 1c sour cream/ Greek yogurt (4)
- 2T grated Parmesan (1)



Nuts & Dried Fruits

- 1/2c walnuts (5)
- 1/2c whole almonds (1)
- ~1/4c shelled pistachios (7)
- 1/2c pecans (8)
- 5 large medjool dates (8)
- 1/4c dried cranberries (8)
- 1/4c dried apricots (3)



Oils & Vinegars

- ~1c olive oil
- 1/4c coconut oil (8)
- 1/4c balsamic vinegar (5)



Pantry

- 15oz can chickpeas (3)
- 15oz can cannellini beans (1)
- 3c tomato puree (3,4)*
- 2c quinoa (2,3)
- 4c veggie broth (1,2,4)*
- 1tsp vanilla (8)*
- 2tsp dijon mustard (2)*
- 1/4c peanut butter (7)*
- 1/4c cacao nibs (7)



Spices

- ~1 1/2T cinnamon (3,8)
- 1T turmeric (3)
- 1T cumin (3)
- 1T paprika (3)
- 2T taco seasoning (4)*
- 1/2tsp dried thyme (1)
- 1tsp dried sage (1)

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



October Menu, Week 1: Prep Day

Preheat oven to 350 F. (3,6)



Tagine: Slice 1 yellow onion into long strips. Chop ¼c dried apricots. Peel butternut squash, remove seeds, cut into 1" cubes. (3)

Cassoulet: Slice ½ onion & finely chop shallot. Dice 2 sweet potatoes into ~½" pieces, set aside separately. (1)

Taco Soup: Finely chop: ½ yellow onion, 2 carrots, 3 bell peppers, 2 cloves garlic, 1 jalapeno (discard seeds). (4)

Frittata: Remove chard leaves from stem. Finely chop stem, set aside. Roughly chop leaves, set aside. Thinly slice red onion and chop 4 cloves garlic, set aside. (6)

Salad: Roughly chop ½c walnuts; cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith & strain, repeat with second half. (5)

Quinoa Salad: Finely chop cucumber (I prefer removing seeds); cut cherry tomatoes in half (or quarters if larger). Set aside (2).



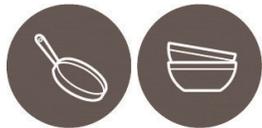
Beef Tagine (3)

Whisk together: 1T cumin + 1T turmeric + 1T paprika + 1tsp cinnamon. Rub spices into beef cubes.

Heat 1tsp olive oil over med-high heat in a large stockpot. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.

Add ¼c chopped dried apricots + 1c tomato puree + 1c water, cover and place in oven for ~ 1.5 hours.

Add cubed butternut squash + 1 can chickpeas (drained), cover and bake another 1-2 hours. [*] (3)



Cassoulet (1)

Heat 1T olive oil over med-high heat in a med saute pan. Add the sliced onions & shallots. Saute 5-8 min until soft. Remove from

pan. Add chicken sausage to skillet and cook for 5 to 8 min per side until cooked through, 165F. Remove from heat. Once cool,

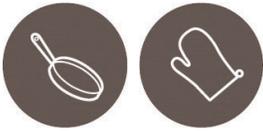
slice sausage into 1-inch pieces. In a medium casserole dish or glass pan add the sliced sausage + onion/shallots + sweet potatoes + ½ tsp thyme + 1tsp sage + rinsed & drained cannellini beans. Mix together gently to combine. [*] (1)



Quinoa: 2c quinoa + 4c water in a medium-sized pot, bring water to a boil, lower to med, cook for 18 min. Set aside. (2,3)

Taco Soup (4)

In a large soup pot heat 1tsp olive oil over med-high heat. Add chopped veggies (½ onion, 2 carrots, 3 bell peppers, 2 cloves garlic, 1 jalapeno) + 8oz mushrooms + ground turkey. Cook for ~10 min, breaking meat apart. Add 2T taco seasoning. Add 2c tomato puree + 3c broth, turn to low, cook 30 min. [*] (4)



Frittata (6)

In a large sauté pan, over medium heat, add 1T olive oil + sliced red onion + ¼tsp salt. Sauté for 15 min, stirring occasionally. Add chard stems + 8oz sliced mushrooms + 4 cloves garlic, chopped, and cook 10 minutes. Add chard leaves and cook a final 10 minutes, set aside. In a large bowl, whisk together 10 eggs + S&P to taste. Stir in cooled veggies. Oil a 9x13" pan w/ olive oil. Pour eggs mixture in pan. Bake in 350 F oven for 25 min. Top w/ 4 oz goat cheese, return to oven 2-3min or cheese is melted. [*] (6)



Cassoulet (1)

Make almond meal by pulsing ½c whole almonds in a blender or food processor until it appears like bread crumbs. [*] (1)

Lemon-Basil Marinade (2)

Blend the following on high: Zest of 1 lemon+ 1T lemon juice + 1T olive oil + ½c veggie broth (store remainder of broth for cassoulet on DD) + 2-3 large handfuls of basil leaves + 1 clove garlic + 2tsp dijon mustard. Set aside ¼c marinade for quinoa. Store the remaining for shrimp marinade. [*] (2)

Baked Pears Filling (8)

Blend the following until roughly chopped:

¼c coconut oil + 5 large medjool dates, pits removed + ¼c dried cranberries + ½c pecans + 1tsp vanilla. Set aside. (8)



Baked Pears (8)

Cut 4 pears in half and scoop out center seeds. Place 1T (heaping) of filling into each pear; sprinkle pears w/ 1T cinnamon. [*] (8)

Quinoa (2,3)

In large bowl, mix: 2c cooked quinoa + 1 pint chopped tomatoes + 2c chopped cucumber + ¼c lemon basil marinade. [*] (2)
Store remaining cooked quinoa (~4c) to serve w/ Beef Tagine. [*] (3)

Note: if you have extra cucumber, throw it into the Salad below.

Salad (5)

Layer in container as follows:

- ½ tub mixed greens
- ½ pomegranate kernels
- 2oz blue cheese crumbles
- ¼c chopped walnuts

Repeat layers. [*] (5)



Balsamic Dressing (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [*] (5)

KEY

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



October Menu, Week 1: Dish Day

Day 1

White Bean & Chicken Sausage Cassoulet w/ Sauteed Spinach (1)

1. Preheat oven to 375 F.
2. Add ~½c veggie broth +2T water to cassoulet.
3. In a small bowl, combine almond meal, 2T Parmesan cheese and ½T olive oil. Sprinkle evenly over cassoulet.
4. Cook in medium casserole or glass pan, covered, for 30-40 min until sweet potatoes are fork tender.
5. Remove cover from cassoulet & bake additional 15 min until topping is browned.
6. Heat 1tsp olive oil in skillet over med heat. Add spinach and saute until it is slightly wilted. S&P to taste. Serve on side.

Day 2

Lemon-Basil Shrimp w/ Italian Quinoa Salad (2) (requires marinating shrimp for 30 mins to 1 hr.)

1. Marinate 1# shrimp for 30 minutes to ~1 hour.
2. Preheat oven to 425.
3. Bake shrimp for ~12 minutes or cooked through. Serve w/ Quinoa Salad.

Day 3

Beef & Butternut Squash Tagine over Quinoa (3)

1. Reheat tagine in 375 F oven, covered for 55-65 min or heated through.
2. Cover quinoa, reheat in oven, 40-50 min.

Day 4

Turkey Taco Soup (4)

1. Reheat on stove top over low-medium until bubbly and heated through.
2. Option to top with: sliced avocado + cheddar cheese + sour cream or Greek yogurt.

Salad

Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese (5)

1. Bring balsamic dressing to room temp (20-30min), shake well and serve over salad.

Breakfast

Swiss Chard, Mushroom, Onion & Goat Cheese Frittata (6)

1. Preheat oven to 350 F.
2. Reheat frittata, covered, for 15-20 min or heated through OR option to reheat individual slices in microwave or toaster oven.

Snack

Cocoa Peanut Butter Banana "Sushi" (7)

1. Roughly chop ~¼c pistachios.
2. Spread 1T peanut butter in a thin layer on top of each banana.
3. Evenly sprinkle 1T chopped pistachios + 1T cacao nibs on top of the peanut butter layer.
4. With a sharp knife, cut banana into "sushi" rounds.

Dessert

Cranberry-Pecan Baked Pears (8)

1. Bake at 375 F for 30 minutes or until soft (less ripe/ firmer pears require longer baking time, but cover to avoid burning).