



October Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli
2. Meal 2: Slow Cooker Fiesta Bowls
3. Meal 3: Fiesta Chicken Tacos w/ Sweet Potato Fries
4. Meal 4: Kale & Caramelized Onion Frittata w/ Grapes
5. Salad: Salad Greens w/ Pistachios, Pears & Goat Cheese
6. Breakfast: Banana Walnut Muffins
7. Snack: Chili Lime Jicama Sticks
8. Dessert: Cinnamon Apples w/ Vanilla Nice Cream



Herbs

1 bunch cilantro (2,3)



Fruits

1 bunch grapes (4)
 2 pears (5)
 4 apples (8)
 3 limes (2,3,7)
 8 bananas (6,8)
 (more ripe the better)



Dairy (optional)

4T grated parmesan (1)
 4-6oz feta cheese
 crumbles (4)
 4oz goat cheese crumbles (5)



Pantry

~16oz salsa (2,3)*
 1c white rice (2)
 1tsp baking soda (6)
 1tsp baking powder (6)
 1/2c almond butter (6)*
 3tsp vanilla extract (6,8)*
 1c almond flour (1)
 1/2c coconut flour (6)
 muffin liners (6)
 8 Corn tortillas (3)
 (OR sub lettuce)



Veggies

1 bunch kale (4)
 1 head broccoli (1)
 1 jicama (7)
 2 avocados (2,3)
 4-6 red potatoes (1)
 2 large sweet potatoes (3)
 2 red onions (4)
 1 yellow onion (2,3)
 5oz mixed greens (5)



Meats

4 bone-in pork chops,
 4-6 oz each (1)
 3# boneless, skinless chicken
 thighs (2,3)



Nuts & Dried Fruits

1/2c shelled pistachios (5)
 1/2c chopped walnut pieces (6)



Eggs

18 eggs (1,4,6)



Oils & Vinegars

~3/4c olive oil
 1/4c balsamic vinegar (5)
 3T coconut oil (6,8)



Herbs & Spices

1T dried basil (1)
 2T dried oregano (1)
 1T cinnamon (6,8)
 1/2tsp nutmeg, optional (6)
 1/2tsp chipotle powder (7)
 1/4tsp cumin (7)

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



October Menu, Week 3: Prep Day

Pre-heat oven to 350 F. (4,6)



Rice: Place 1 $\frac{3}{4}$ c water + 1c white rice in a pan, bring to a boil, turn heat to low, cover w/ lid, cook 16-18 min. Cool. [*] (2)



Frittata (4)

Remove leaves from stems from 1 bunch kale, and finely chop both. Cut 2 red onions into long, thin strips.

Heat 1T oil in a large sauté pan over medium heat, add 2 sliced onions and a pinch of salt. Sauté for 5-10 min.

Add chopped kale leaves & stems, cook for 20-25min, add more oil/ lower heat as needed. Turn off heat and allow to cool. (4)

Sauteed Apples: peel, core & slice 4 apples. Heat 1T coconut oil over med heat in med pot or skillet. Add apple slices + 1tsp cinnamon. Saute for about 8min, stirring frequently, until apples are soft. Cool. [*] (8)



Banana Walnut Muffins (6)

Place in food processor or blender and pulse until combined and has smooth consistency:

- 4 bananas
- 4 eggs
- $\frac{1}{2}$ c almond butter
- 2T coconut oil, melted
- 1tsp vanilla extract

In a large bowl mix together:

- $\frac{1}{2}$ c coconut flour
- $\frac{1}{2}$ c chopped walnut pieces
- 2tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg, optional
- 1tsp baking powder
- 1tsp baking soda

Add wet ingredients to dry ingredients & mix well. Line a muffin tin with cups. Fill $\sim\frac{2}{3}$ full of batter.

Bake at 350 F or 20-25 minutes, until a toothpick comes out clean. Cool completely. [*] (6)

Frittata (4)

Whisk 12 eggs in a large bowl.

Stir in sautéed onions & kale, feta crumbles and season with $\frac{1}{2}$ tsp fresh ground black pepper.

Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ $\frac{1}{8}$ tsp salt.

Bake at 350 F for 34-38 minutes or until no longer jiggy. Cool. [*] (4)



Bananas: Cut 4 bananas into quarters & freeze in a single layer. Once frozen you may place in baggy or container. [*] (8)

Potatoes: Chop into bite-sized pieces. Toss with 1T olive oil, 1T oregano, 1T grated parmesan, S&P. [*] (1)

Note: only chop potatoes in advance if eating meal 1 on Prep Day, otherwise chop at meal time to prevent browning.

Sweet Potatoes: Peel & cut 2 lg sweet potatoes into "fries". Toss w/ 2T olive oil + S&P. [*] (3)

Jicama: Peel and slice into 2-inch sticks. Set aside. (7)

Yellow Onion: Dice 1 onion. [*] (2,3)

Cilantro: Chop 1 bunch cilantro. [*] (2,3)

Broccoli: Chop into bite-sized pieces. Toss w/ 1T olive oil, 1T parmesan, S&P. [*] (1)



Jicama sticks (7)

Mix together jicama sticks + juice of 1 lime + 1/2tsp chipotle powder 1/4tsp cumin+ salt to taste. [*] (7)

Pork (1)

In 2 shallow bowls or containers, place the following separately:

1: 2 eggs, whisked

2: 1c almond flour + 1T dried basil + 1T dried oregano + 2T grated parmesan (all whisked together)

Dredge each pork chop in the following order:

1: whisked eggs

2: seasoned almond flour

Place in container. Repeat steps until all pork chops are covered and placed in container. [*] (1)

Salad (5)

Layer the following:

- 1/2 tub mixed salad greens

- 1/4c pistachios

- 2oz goat cheese crumbles

Repeat layers. [*] (5)



Balsamic Dressing (5)

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

KEY

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



October Menu, Week 3: Dish Day

Day 1

Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli (1)

1. Pre-heat oven to 375 F (for all). Bake pork chops for 35-45 minutes or cooked through (145 F).
2. Place chopped potatoes on sheet pan. Roast for 35-40 min or browned/ cooked through. Remove halfway through to toss.
3. Place broccoli on sheet pan. Roast for 30-40 min, removing halfway through to toss.

Day 2

Fiesta Chicken Bowls (2) ****cooks in slow cooker****

1. Place the following in slow cooker: 1 chopped yellow onion + 3# boneless, skinless chicken thighs + ~16oz salsa.
2. Cook on low ~6 hours.
3. Shred chicken and slice 1 avocado. Divide rice into 4 bowls.
4. Serve chicken over rice and top with sliced avocado, chopped cilantro and fresh lime (1/4 lime/ serving).
5. Store remaining chicken for Day 3.

Day 3

Fiesta Chicken Tacos w/ Sweet Potato Fries (3)

1. Preheat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray and roast for 35-40min, tossing halfway through cook time.
3. Reheat chicken thighs on stove or microwave. While chicken reheats, slice 1 avocado.
4. Serve in corn tortillas, topped w/ 1 sliced avocado, chopped cilantro and fresh lime (1/4 lime/ serving).

Day 4

Kale & Caramelized Onion Frittata w/ Grapes (4)

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

Salad

Salad Greens w/ Pistachios, Pears & Goat Cheese (5)

1. Chop pears 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

Banana Walnut Muffins (6)

Snack

Chili Lime Jicama Sticks (7)

Serve cold.

Dessert

Cinnamon Apples w/ Vanilla Nice Cream (8)

1. In a food processor or blender, add 2 frozen bananas + 1tsp vanilla and blend on high until smooth.
2. Yields ~2 servings, repeat as desired for additional servings.
3. Serve each serving w/~1/2c sauteed cinnamon apples. Can serve apples cold or reheat in oven or microwave.

****Note:** it may help to allow bananas to defrost at room temp for 3-5 min before blending.