**Week 2 Menu, Shopping List, and Recipes**

**Menu**

Monday: The Bowl: Greek Chicken and Quinoa

Tuesday: The Plate: Chicken Tikka Masala

Wednesday: The Salad: Sesame Salmon Chopped Salad

Thursday: The Soup: Creamy Italian Quinoa Soup

Friday: The Wrap: Garlic Sesame Turkey Lettuce Wraps

Saturday: The Pan: Pineapple Teriyaki Shrimp

Sunday: The Grill: Grilled Balsamic Steak Kabobs

**Shopping List**

Most recipes serve 4. You can increase or modify any recipe as needed. Leftovers can be used for lunch or frozen for a later date. Enjoy!

**Produce**

17 Garlic cloves, minced (jar or fresh)

3 Lemons

1 bunch of parsley

1 bunch of cilantros

3 1/2 medium red onions

3 medium zucchinis

1 yellow squash

1 inch piece of ginger

2 bunches of green onions

1/2 large green cabbage or one whole green cabbage if it’s small

1/2 red cabbage

2 cups shredded or matchstick carrots

3 medium carrots

2 stalks celery

2 cups fresh spinach

1 head green lettuce

2 cup Bell peppers

2 cup Broccoli florets

3 cup Pineapple chunks, fresh

1 pint cherry tomatoes

1 yellow pepper

2 red peppers

**Canned Goods**

5 1/2 cups Chicken broth or bone broth

2 x 15-ounce can tomato sauce

1 can Mandarin oranges (no sugar/syrup – check labels!)

1 x 15- ounce can chickpeas

1 x 14.5- ounce can diced tomatoes

**Pasta & Grains**

2 1/2 C cups Quinoa

**Baking & Spices & Nuts**

1 + 1/2 tsp Basil, dried

1/2 tsp Thyme, dried

1 tsp Oregano, dried

 Plenty of salt and pepper

1 T + 4 tsp [garam masala](https://amzn.to/2JVs5Hk)

1/2 teaspoon [paprika](https://amzn.to/3gSuxgx)

¼ tsp ground cayenne

1 teaspoon onion powder

1 cup sliced almonds

1 tablespoon black sesame seeds

1 T + 1 tsp white sesame seeds

1 Tablespoon [Italian seasoning](https://www.platingsandpairings.com/homemade-italian-seasoning-recipe/)

1 tsp red pepper flakes

**Oils & Vinegars & Condiments**

1 tsp rice vinegar

¼ tsp sesame oil

¼ cup soy sauce, gluten-free (or coconut aminos)

1/2 cup Teriyaki sauce, gluten-free (or coconut aminos)

1/3 cup [coconut aminos](https://www.amazon.com/gp/product/B00CMYMRL2/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00CMYMRL2&linkId=8abfa1c0cbd0b2ef82f5a4cc9ade9560)

¼ cup + 1 T honey or coconut sugar

5/8 C + 2 T Olive oil

¼ C + 3 tbsp red wine vinegar

3 tablespoons [avocado oil](https://www.amazon.com/gp/product/B006K3RCPC/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B006K3RCPC&linkId=e79bcd638a625e1c4c8942bcf7da8dc9)

2 tablespoons [toasted sesame oil](https://www.amazon.com/gp/product/B005WXMPMQ/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B005WXMPMQ&linkId=2112e078787607e511259853f0659ce1)

1/4 cup Balsamic vinegar

1 tbsp Dijon mustard

**Dairy**

1/2 cup Feta (or dairy-free Feta)

7-ounce container plain greek yogurt (or dairy free plain yogurt)

1.5 cups heavy whipping cream (or dairy free alternative)

1 ½ cups half and half (or heavy cream or dairy free alternative)

**Meat**

2.5 lbs. Boneless skinless chicken breast

1.5 lbs. salmon

1 lb. ground turkey

1 lb. of shrimp

2 lbs. of cubed steak

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**Recipes**

**Monday: The Bowl: Greek Chicken and Quinoa**

Chicken and Marinade Ingredients:

1 1/2 lbs. boneless skinless chicken breast or things trimmed and cut into 1-inch pieces

1/4 cup olive oil

3 tablespoons red wine vinegar

3 garlic cloves minced

Juice from one lemon

1 teaspoon dried oregano

1/2 teaspoon dried basil

½ teaspoon dried thyme

½ teaspoon salt

1/4 teaspoon pepper

Chicken and Quinoa Ingredients:

2 tablespoons olive oil

1 medium red onion chopped into large chunks

1 medium zucchini quartered

1 1/2 cups chicken broth or bone broth

Juice from 1 lemon

1 1/4 cups quinoa, precooked per directions

1/2 cup chopped parsley optional

1/2 cup feta optional

Instructions

Put chicken and marinade ingredients in a freezer bag or container and allow to marinade while you prepare the rest of the ingredients, at least 15 minutes or overnight.

To prepare the meal, add 2 tablespoons of olive oil to a 6qt Instant Pot and turn to sauté mode. If you don’t have an Instant Pot, you can use a deep pan. Once the pot or pan is hot and ready, add the marinated chicken and cook for 2-3 minutes on each side to create a brown and crispy crust. You may need to work in batches of 2-3 to get the chicken crispy. Discard any extra marinade.

When all the chicken is cooked, add it all back to the instant pot or pan and add the chopped onion and zucchini. Continue to cook for 2-3 more minutes. Add the chicken broth, lemon juice and quinoa and stir, then close the lid and cook on high pressure (if using the pot) or cover and cook in the pan for 7 minutes. When it’s done, if using the pot, turn the valve from sealing to venting to quick release the pressure. When it’s ready, open the lid and add fresh parsley, an extra squeeze of lemon and crumbled feta if desired. Serve.

**Tuesday: The Plate: Chicken Tikka Masala**

1 lb. boneless skinless chicken breasts

Marinade:

7-ounce container plain greek yogurt (or dairy free alternative)

1 tablespoon [garam masala](https://amzn.to/2JVs5Hk)

1 tablespoon fresh lemon juice

1 teaspoon ground black pepper

1/4 teaspoon [ground ginger](https://amzn.to/2kMaaq2)

Sauce

15-ounce can tomato sauce

1.5 cups heavy whipping cream (or dairy-free alternative)

5 cloves garlic, minced

4 teaspoons [garam masala](https://amzn.to/2JVs5Hk)

1/2 teaspoon [paprika](https://amzn.to/3gSuxgx)

1/2 teaspoon table salt

1/4 teaspoon ground [cayenne](https://amzn.to/2ky6O6H)

Instructions

**Marinate Chicken**: Stir together all marinade ingredients except chicken in large bowl until well-mixed; set aside. Wash and pat chicken dry with paper towels and cut into bite-sized chunks about 1/2 to 1 inch in size. Stir chicken chunks into marinade until well-coated. Cover and refrigerate for at least 1 hour.

**Sear Chicken**: Heat pan and prepare with cooking spray or coconut oil over high heat. Add 1/2 of chicken covered in marinade to pan and spread them out. Cook until golden brown and a bit charred, a few minutes, on all sides. As they finish searing, transfer to large plate and set aside. Repeat with remaining chicken and set aside.

**Simmer Sauce**: Reduce pan to medium heat. Add all sauce ingredients to now-empty pan, stirring for a minute until mixed. Add seared chicken chunks (without drippings) to pan and submerge in sauce; no need to stir. Bring sauce to simmer. Simmer for 20 minutes, stirring occasionally and decreasing heat as needed to maintain light simmer. Chicken should be cooked through (no pink) and sauce should be slightly thickened and orange. Turn off heat. Serve and enjoy.

**Wednesday: The Salad: Sesame Salmon Chopped Salad**

### Ingredients

#### For the Dressing

1/3 cup [coconut aminos](https://www.amazon.com/gp/product/B00CMYMRL2/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00CMYMRL2&linkId=8abfa1c0cbd0b2ef82f5a4cc9ade9560)

1/4 cup red wine vinegar (or apple cider vinegar)

3 tablespoons [avocado oil](https://www.amazon.com/gp/product/B006K3RCPC/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B006K3RCPC&linkId=e79bcd638a625e1c4c8942bcf7da8dc9)

2 tablespoons [toasted sesame oil](https://www.amazon.com/gp/product/B005WXMPMQ/ref%3Das_li_tl?ie=UTF8&tag=paleobailey-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B005WXMPMQ&linkId=2112e078787607e511259853f0659ce1)

2 tablespoons minced ginger

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon pepper

#### For the Salad

1.5 lbs. salmon

4 diced green onions (can sub for 1/2 red onion finely diced)

1/2 large green cabbage, thinly sliced, or one whole green cabbage if it’s small

1/2 red cabbage, thinly sliced

2 cups shredded or matchstick carrots

1 cup sliced almonds

1 can Mandarin oranges (no sugar/syrup – check labels!)

1/2 cup chopped and loosely packed cilantro

1 tablespoon black sesame seeds

1 tablespoon white sesame seeds

Instructions:

Combine all the ingredients for the dressing in a bowl

In a plastic baggie, add about 3-4 tablespoons of dressing with the salmon. Allow to marinate for at least a half hour in the refrigerator.

Add salmon to a large skillet and cook over medium heat for 5-8 minutes or until salmon is cooked throughout. Set salmon aside and let cool.

Combine all other salad ingredients and toss with remaining dressing.

Prepare salad by putting ingredients on a plate and top with a piece of cooled salmon. Serve and enjoy!

**Thursday: The Soup: Creamy Italian Quinoa Soup**

### Ingredients

2 Tablespoons olive oil

½ medium onion (diced)

3 medium carrots (peeled and diced)

2 stalks celery (diced)

4 garlic cloves (minced)

4 cups chicken or bone broth

1 15- ounce can chickpeas (drained & rinsed)

1 1/4 cup [quinoa](https://amzn.to/2G6mpZq) (uncooked, rinsed well in a fine mesh colander)

1 14.5- ounce can diced tomatoes (undrained)

1 8- ounce can tomato sauce

1 Tablespoon [Italian seasoning](https://www.platingsandpairings.com/homemade-italian-seasoning-recipe/)

Pinch [red pepper flakes](https://amzn.to/2sHIoN6)

2 cups fresh spinach (coarsely chopped)

1 ½ cups half and half (or heavy cream or dairy-free alternative)

Salt and pepper (to taste)

**Instructions**

Heat oil in a large saucepan or dutch oven over medium-high heat. Add onion, carrots, celery and garlic and season with salt and pepper. Sauté, stirring occasionally, for 5-7 minutes or until the vegetables are soft.

Add stock, chickpeas, quinoa, tomatoes, tomato sauce, and Italian seasoning to the pot and stir to combine. Season with salt and pepper. Bring to a boil, reduce heat and simmer, partially covered, for 20-25 minutes.

When ready to serve, stir in spinach and cream (or cream alternative). Taste and adjust seasonings as necessary. Divide into bowls and top with grated Parmesan. Serve and enjoy!

**Friday: The Wrap: Garlic Sesame Turkey Lettuce Wraps**

Ingredients

1 lb. ground turkey

5 large garlic cloves, minced

¼ cup soy sauce; gluten free

¼ cup honey

1 tsp rice vinegar

¼ tsp sesame oil

½ tsp red pepper flakes, more to taste

1 bunch green onions, diced

1 head green lettuce, washed and dried (may use butter or iceberg lettuce)

1 tsp sesame seeds

Instructions

Carefully, tear lettuce leaves at the bottom of the root. Rinse under water then paper towel dry or set aside and allow to air dry.

Prepare a large, rimmed skillet over medium heat. Cook ground turkey and break into small pieces while cooking. Cook until no longer pink and all the liquid has cooked off; about 6-9 minutes.

While turkey is cooking, prepare sauce by combining soy sauce, honey, rice vinegar, sesame oil, minced garlic, and red pepper flakes in a bowl.

Pour sauce into skillet. Toss the sauce with the turkey until it’s completely coated. Bring to a simmer, cook until most of the liquid is thick and absorbed by the turkey.

Spoon lettuce cups with turkey mixture. Garnish with diced green onions and sesame seeds and serve.

**Saturday: The Pan: Pineapple Teriyaki Shrimp**

Ingredients

1 lb. of shrimp, unshelled and deveined

2 cup Bell peppers

2 cup Broccoli florets

3 cup Pineapple chunks

1 Red onion, medium

1/2 cup Teriyaki sauce, gluten-free (or coconut aminos)

1 pinch of pepper

1/2 tsp. salt

Instructions

Preheat oven to 400°.

Chop the onion, peppers, pineapple, and broccoli florets into large chunks. Toss the fruit and vegetables in a large bowl with ¼ teriyaki sauce, sesame oil, salt, and pepper until everything is well coated.

Place the shrimp, fruit and vegetables on a baking sheet lined with parchment paper and cooking spray.

Bake at 400° for 10-12 minutes or until shrimp is orange and vegetables are tender.

Brush the remaining 1/4 c. teriyaki sauce over chicken. Divide the fruit, vegetables, and chicken into four bowls and serve immediately.

**Sunday: The Grill: Grilled Balsamic Steak Kabobs**

Ingredients

2 lbs. of cubed steak

1 pint Cherry tomatoes

1 Red onion

1 Squash, 1/2″ slices

2 Zucchini, 1/2″ slices

1 Pepper, yellow

2 Red pepper

1/4 cup Balsamic vinegar

1 tbsp Dijon mustard

1 tbsp Honey

Oils & Vinegars

1/4 cup Olive oil

1 Salt & pepper

1 tsp Basil, dry

Instructions

In a small bowl, make the balsamic mixture by adding in the balsamic vinegar, dijon mustard, honey, dry basil, salt, and pepper. Whisk together and slowly add in the olive oil whisking the entire time.

In a separate bowl, add steak cubes and half of the balsamic mixture, reserve the rest. Stir to coat all the steak. Cover with plastic wrap and place in the refrigerator for 30 minutes to marinade.

Preheat grill to medium high heat (375-400° F).

Remove the steak from the refrigerator and start to assemble the kabobs by alternating veggies with steak on a skewer until all kabob ingredients are used.

Place kabobs on the grill and grill each side for 3-4 minutes, until charred and steak is cooked as desired. Brush the remaining marinade on the kabobs for one last flavor burst. Grill for 2 more minutes.

Remove from grill. Serve with a mixed green side salad dressed in lemon, olive oil, salt and pepper and enjoy!