Week 4 Menu, Shopping List, and Recipes

**Menu**

Monday: The Bowl: Mediterranean Salad Bowl

Tuesday: The Plate: Beef Masala Curry

Wednesday: The Salad: Mandarin Orange Chicken Salad

Thursday: The Soup: Turkey Pumpkin Chili

Friday: The Wrap: Mediterranean Wrap

Saturday: The Pan: Steak, Zucchini, and Asparagus

Sunday: The Grill: Greek Chicken 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**

2 large zucchinis

1 lb. asparagus

10 garlic cloves, minced

3 C mixed greens lettuce (or baby spinach)

1 bunch cilantro

handful basil leaves

½ cucumber

2 red peppers

1 lemon

2 large yellow onion

2 Tbsp peeled and grated ginger

10 oz baby spinach

2 cups snow peas

1 1/2 cups matchstick carrots

2 large carrots

2 stalks celery

**Other**

Hummus, store bought

1 bag frozen cauliflower rice

2 Tbsp honey or coconut sugar

1 package of gluten free tortilla wraps of choice (or lettuce)

**Canned, Jar, Pantry Items**

3 tablespoons sun-dried tomatoes packed in oil and herbs

2 tablespoons fresh basil pesto (use vegan if dairy free)

1 15-ounce can unsweetened pumpkin purée

2 15-ounce cans cannellini beans

2 cups low-sodium chicken or vegetable broth

10 olives, pitted

1 cup tomato passata

1 cup beef stock

1 1/2 (15 oz) cans mandarin oranges (no sugar added)

**Pasta & Grains**

½ C quinoa

**Baking & Spices & Nuts**

2 tablespoons chopped fresh thyme, rosemary, or sage (or a mixture of one or more)

1 tsp basil, dry

Plenty of salt and pepper

1 tsp turmeric

1 tbsp garam masala

2 tsp cumin

1/2 tsp coriander

1/2 tsp cayenne pepper optional

1/2 tsp smoked paprika

1 tsp pure maple syrup or coconut sugar

1 cup sliced almonds, toasted

sesame seeds (optional garnish)

1 tablespoon ground coriander

1 tablespoon ground paprika

½ teaspoon crushed red chili

1 teaspoon parsley (dried)

**Oils, Vinegars & Condiments**

1/4 cup avocado oil

1/4 cup + 10 Tbsp. olive oil

1 tsp dijon mustard

**Dairy or Non-Dairy Alternatives**

4-5 T Parmesan (grated) or dairy alternative

1/4 cup + 2 Tbsp. cup feta cheese, crumbled\*\*

½ cup heavy whipping cream, optional (or dairy free alternative)

**Meat**

1/4 cup shredded rotisserie chicken

6-8 oz salmon filet (per person)

2 lbs. beef, cubed

1 lb. boneless skinless chicken breast, grilled and sliced

1 ½ pounds ground turkey

1 ½ lbs. flank steak

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**Recipes**

**Monday: The Bowl: Mediterranean Salad Bowl**

**Ingredients**

6-8oz salmon filet (per person)

1 tsp basil, dry

1/2 tsp crushed red pepper

1 garlic clove, minced

Dressing

1 garlic, clove, minced

2 Tbsp olive oil

1 Tbsp lemon juice

Salt and Pepper to taste

#### SALAD

1 cup mixed greens

handful basil leaves

1/4 cup feta cheese, crumbled\*\*

10 olives, pitted

½ cucumber, chopped

½ C red pepper, chopped

½ C quinoa, cooked

2 T hummus\*

\*Store bought

\*\*You can substitute with dairy-free alternative

### **INSTRUCTIONS**

Rub the salmon with the dried basil, crushed red pepper flakes, and 1 clove garlic. Set aside.

Precook quinoa per directions on the package. Set aside.

To prepare the salad, choose a large bowl and put all salad ingredients (except hummus) in the bowl. Toss the salad and set aside.

To prepare the salmon, drizzle olive oil in a pan and heat on medium. Cook the salmon in the pan for 5-7 minutes or until it’s flaky and cooked through. Once ready, turn off the heat and set aside.

Prepare the meal by putting the prepared, mixed salad in a bowl. Top with a piece of salmon and a dollop of hummus. Enjoy!

**Tuesday: The Plate: Beef Masala Curry**

### Ingredients

1 large yellow onion, chopped

3 garlic cloves, minced

2 lbs. beef, cubed

1 cup tomato passata

1 cup beef stock

1 tbsp olive oil

1 tsp lemon zest

1 tsp brown sugar or pure maple syrup

#### Spice Mix

2 tsp salt

1 tsp freshly ground black pepper

1 tsp turmeric

1 tbsp garam masala

1/2 tsp cumin

1/2 tsp coriander

1/2 tsp cayenne pepper optional

1/2 tsp smoked paprika

Serve over cauliflower rice

### Instructions

#### Curry Paste

* Turn the pressure cooker into sauté mode. If you don’t have a pressure cooker, you can use a pan with a lid. Add oil, chopped onions, garlic, spices, salt and pepper. Cook until onions become soft and golden, for about 3 minutes. Then stir in the tomato passata, brown sugar and bring to a boil. Pour the mixture into the food processor and blend all into a paste. Set aside.
* Prepare the meat by browning on both sides. Then pour in the blended spice paste, beef stock and add lemon zest. Cover the lid and cook for 30 minutes on high pressure (or medium high heat if using a pan).
* Serve with steamed cauliflower rice.

**Wednesday: The Salad: Mandarin Orange Chicken Salad**

### Ingredients

#### Dressing

1/4 cup olive oil

1/4 cup avocado oil

1 tsp lemon zest

3 1/2 Tbsp fresh lemon juice

2 Tbsp honey or coconut sugar

2 Tbsp peeled and grated ginger

1 clove garlic

1 tsp dijon mustard

1/4 - 1/2 tsp salt, to taste

#### Salad

1 lb boneless skinless chicken breast, grilled and sliced

1 cup sliced almonds, toasted

10 oz baby spinach

2 cups snow peas, sliced into halves

1 1/2 cups matchstick carrots

1 red bell pepper, seeded and diced

1 1/2 (15 oz) cans mandarin oranges (no sugar added), drained well\*

1/2 cup cilantro, stems removed

garnish with sesame seeds (optional)

### Instructions

#### For the dressing:

Add all ingredients to a blender and pulse until well emulsified and ginger and garlic are finely minced. Pour into an airtight container and refrigerate while preparing salad (shake or stir before adding to salad).

#### For the salad:

In a large bowl, add all salad ingredients and toss. Drizzle with dressing and gently toss. Dish out the salad and sprinkle with sesame seeds (optional). Serve and enjoy!

**Thursday: The Soup: Turkey Pumpkin Chili**

## **INGREDIENTS**

3 tablespoons olive oil

1 onion, finely chopped

2 large carrots, chopped

2 stalks celery, chopped

2 garlic cloves, chopped

1 tablespoon ground coriander

1 tablespoon ground paprika

1 teaspoon ground cumin

½ teaspoon crushed red chili

½ teaspoon freshly ground black pepper

1 ½ pounds ground turkey

2 tablespoons chopped fresh thyme, rosemary, or sage (or a mixture of one or more)

1 15-ounce can unsweetened pumpkin purée

2 15-ounce cans cannellini beans, drained

2 cups low-sodium chicken or vegetable broth

Kosher salt

½ cup heavy whipping cream, optional (or dairy free alternative)

## **INSTRUCTIONS**

Pour the oil into a 4 or 5 quart soup pot or Dutch oven and place over medium heat. Add the onion, carrots and celery and cook until the vegetables are softened, stirring occasionally.

Add the garlic and all the spices, stirring to coat in the oil. Add the turkey and cook thoroughly, stirring and breaking the meat up with a spoon. It’s ready when there is no pink or about 8 minutes.

Add the herbs, pumpkin, beans, broth and 2 teaspoons salt. Bring to a simmer. Then partially cover and cook for 20 minutes. Monitor the head to ensure it does not simmer over and adjust heat as needed.

Remove from the heat and stir in the cream or dairy free alternative. Taste and adjust the seasoning if needed. Serve warm in bowls.

## **Alternative cooking options**

**To make this chili in a Crockpot or slow cooker:**

Follow step 1 and 2. Transfer the mixture to your slow cooker and add the herbs, beans, pumpkin, 1 1/2 cups broth and salt.

Set to cook on low for 6 hours or 3 hours on high.

Stir in the cream at the end of the cook time and serve.

**Friday: The Wrap: Mediterranean Wrap**

**Ingredients**

1 tortilla wrap of choice (use gluten free option or lettuce)

2-3 T hummus

1/2 cup (loose measure) mixed greens lettuce (or baby spinach)

1/4 cup shredded rotisserie chicken

3 tablespoons sun-dried tomatoes packed in oil and herbs

2 tablespoons fresh basil pesto (we love Rana's)

1-2 tablespoons crumbled feta cheese (or dairy free alternative)

Instructions

**ASSEMBLY**: Set out the tortilla or alternative wrap and spread with hummus down the center of the tortilla.

**ASSEMBLY**: Slightly to the left of the hummus, add the mixed greens. Top with the chicken, sun-dried tomatoes (add these with a fork to drain out some of the oil), and then spoon and gently spread the pesto on top. Crumble the feta cheese or cheese alternative over the pesto.

**ENJOY**: Fold the top and bottom in slightly and then tightly roll up the tortilla. Use a sharp knife to cut the wrap in half and enjoy immediately!

**Saturday: The Pan: Steak, Zucchini and Asparagus**

### Ingredients

1 ½ lbs. flank steak

2 large Zucchini

1 lb. asparagus

3-4 garlic cloves

1 teaspoon parsley (dried)

4-5 T Parmesan (grated) or dairy alternative

3 ½ T olive oil

1 teaspoon cracked pepper

½ teaspoon Sea salt

### Instructions

Preheat oven on Broil.

Slice off ends of asparagus. Rinse and pat dry. Wash and slice zucchini in ½ inch thick slices.

In a medium bowl, or on sheet pan that has been sprayed with oil, toss together zucchini, 2 T olive oil, 2 T parmesan, 1 minced garlic clove, ½ and parsley. Add the salt and pepper to taste. Coat evenly.

Spread zucchini evenly on sheet pan and broil for 6-8 minutes or until they start to lightly brown.

While zucchini is cooking, spread 1 T olive oil on both sides of steak and salt as desired. Spread two garlic cloves and the rest of the pepper over steak. Sprinkle steak with 2 T parmesan.

When zucchini is ready, push them all to the side and place steak next to them. Add asparagus and sprinkle them with a drizzle of olive oil (½ T), the rest of the parmesan, one garlic clove minced and season with sea salt and pepper to taste.

Place pan back into oven and broil, cooking steak for 5 minutes on each side (for medium done) or 7 minutes on each side for well done. Check for desired doneness. (You may need to remove the asparagus at this time).

Remove pan from oven and allow to rest for 5-10 minutes. Serve on a plate with steak, asparagus, and zucchini. You can top with parmesan (I desired) and enjoy!

**Sunday: The Grill: Greek Chicken Kabobs**

### INGREDIENTS

4 tablespoons olive oil, divided

2 tablespoons freshly squeezed lemon juice

1 tablespoon lemon zest

1 teaspoon paprika

2 teaspoons dried oregano

2 teaspoons dried basil

1 teaspoon dried thyme

3 cloves garlic, minced

1 shallot, minced

Kosher salt and freshly ground black pepper, to taste

2 pounds boneless, skinless chicken thighs, cut into 1-inch chunks

2 large zucchinis, sliced ½” thick

Salad greens (optional side) dressed with olive oil, lemon juice, salt and pepper dressing

### DIRECTIONS:

In a medium bowl, combine 2 tablespoons olive oil, lemon juice, lemon zest, paprika, oregano, basil, thyme, garlic, shallot, 1 1/4 teaspoons salt and 1 1/4 teaspoons pepper.

Wash and dry chicken with paper towels. Stir in chicken until well coated by sauce and marinate for at least 2 hours to overnight, turning halfway through.

When ready to make skewers, preheat grill to medium heat.

Drain the chicken from the marinade and thread chicken onto skewers. Thread zucchini on separate skewers. Brush 1 tablespoons of olive oil on chicken skewers and use a separate brush to use the remaining 1 T olive oil on zucchini. Season skewers with salt and pepper, to taste.

Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes. Serve with a green salad tossed with olive oil, salt, pepper, and lemon juice.