**Week 6 Menu, Shopping List, and Recipes**

**Menu**

Monday: The Bowl: Chinese Green Beans with Ground Turkey

Tuesday: The Plate: Coconut Chicken Tikka Masala

Wednesday: The Salad: Honey Mustard Chicken Salad

Thursday: The Soup: Black Bean and Lentil Soup

Friday: The Wrap: Parmesan Pesto chicken wrap

Saturday: The Pan: Honey Lemon Garlic Salmon

Sunday: The Grill: Marinaded Steak and Side Salad

**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**

1 bag fresh green beans

2 lemons

3 cups mixed green salad

18 garlic cloves, minced

2 yellow onions

2 carrots

½ cup spinach

½ zucchini

2 T fresh basil

4 cups Romaine lettuce leaves, washed

1 cup sliced grape or cherry tomatoes

1 large avocado, pitted and sliced

1 bunch of green onions

1 bunch of [cilantro](https://goto.target.com/c/2773249/81938/2092?subid1=58c18d1bf051050f829e3c0b&subid2=https%3A%2F%2Fwww.halfbakedharvest.com%2Fchicken-tikka-masala%2F&sharedid=Half%20Baked%20Harvest&subid3=https%3A%2F%2Fwww.target.com%2Fp%2Fcilantro-bunch-each%2F-%2FA-15006468%23lnk%3Dsametab&u=https%3A%2F%2Fwww.target.com%2Fp%2Fcilantro-bunch-each%2F-%2FA-15006468%23lnk%3Dsametab)

1 shallot, halved

2-3 (1-inch) pieces fresh ginger

1 pound [washed and trimmed green beans](https://wearychef.com/ingredient/washed-and-trimmed-green-beans/) or Chinese long beans if available

**Canned Goods**

1 can (14 ounce) [full-fat unsweetened coconut milk](http://l.thrv.me/HBH5625-thrive-market-coconut-milk-regul)

1 can (6 ounce) [tomato paste](http://l.thrv.me/HBH5945-thrive-market-organic-tomato-pas)

2 tbsp pesto (can choose vegan alternative)

2 tbsp tomato paste

15 ounces diced canned tomatoes

1 cup dried lentils

15 ounces black beans can, drained

**Pasta, Grains & Rice**

4 cups jasmine rice or cauliflower rice

2 tortillas (may choose gluten free tortillas)

**Baking & Spices & Nuts**

3 tablespoons [garam masala](http://l.thrv.me/HBH1940-frontier-natural-products-garam-)

2 teaspoons [ground turmeric](http://l.thrv.me/HBH6027-thrive-market-turmeric-powder)

2 teaspoons [kosher salt](http://l.thrv.me/hbh-natnectr-medksalt)

1 teaspoon [crushed red pepper flakes](http://l.thrv.me/HBH4991-simply-organic-crushed-red-peppe)

1 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon black pepper

1/2 teaspoon kosher salt

1/2 teaspoon crushed red pepper

Salt and pepper

1 1/2 TB Garlic Powder

3 TB Dried Basil

1 1/2 TB Dried Parsley Flakes

1 t White Pepper

1/8 t Cayenne Pepper

**Oils, Vinegars, Stock & Condiments**

2 tablespoons olive oil

1 tablespoon olive oil

1 tablespoon [sesame oil](https://wearychef.com/ingredient/sesame-oil/)

2 tablespoons [chili garlic sauce](https://www.amazon.com/gp/search/ref=as_li_ss_tl?fst=as:off&rh=n:16310101,k:garlic+chili+sauce&keywords=garlic+chili+sauce&ie=UTF8&qid=1484963618&rnid=2941120011&linkCode=sl2&tag=wearychef-20&linkId=2ea798f73aac9bd86e2ece52bf0ff600)

2 tablespoons honey or pure maple syrup

1 teaspoon grainy Dijon mustard

1/3 cup Soy Sauce, gluten free or coconut aminos

1/2 cup Olive Oil, extra-virgin

1/4 cup Worcestershire Sauce, gluten free

2 tablespoons [hoisin sauce](https://www.amazon.com/s/ref=as_li_ss_tl?url=search-alias%3Daps&field-keywords=hoisin+sauce&rh=i:aps,k:hoisin+sauce&linkCode=sl2&tag=wearychef-20&linkId=5581bdfe26e680d5e0cbdf1930228e9c), gluten free

1 tablespoon [soy sauce](https://wearychef.com/ingredient/soy-sauce/), gluten free or coconut aminos

4 cups vegetable broth

1 tablespoon [seasoned rice vinegar](https://wearychef.com/ingredient/seasoned-rice-vinegar/)

1/4 cup olive oil

2 T honey or coconut sugar

3 T whole grain mustard

2 T creamy Dijon mustard

1-2 tablespoons Apple cider vinegar

**Dairy or Non-Dairy Alternatives**

½ cup [full-fat plain Greek yogurt](https://goto.target.com/c/2773249/81938/2092?subid1=58c18d1bf051050f829e3c0b&subid2=https%3A%2F%2Fwww.halfbakedharvest.com%2Fchicken-tikka-masala%2F&sharedid=Half%20Baked%20Harvest&subid3=https%3A%2F%2Fwww.target.com%2Fp%2Ffage-total-5-milkfat-plain-greek-yogurt-5-3oz%2F-%2FA-49180115%23lnk%3Dsametab&u=https%3A%2F%2Fwww.target.com%2Fp%2Ffage-total-5-milkfat-plain-greek-yogurt-5-3oz%2F-%2FA-49180115%23lnk%3Dsametab) (or dairy free yogurt alternative)

2 tbsp parmesan (optional if dairy free)

⅓ cup mozzarella (or dairy free option)

**Meat**

1 pound [ground turkey](https://wearychef.com/ingredient/ground-turkey/)

2 lbs. + 4 pieces of boneless skinless chicken breast

1/4 cup diced bacon, trimmed of rind and fat

6 slices of roasted chicken

1 lb. salmon

Steaks of choice

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recipes**

**Monday: The Bowl: Chinese Green Beans with Ground Turkey**

|  |  |
| --- | --- |
| INGREDIENTS  1 cup [jasmine rice](https://wearychef.com/ingredient/medium-grain-rice/) or cauliflower rice, uncooked  1 tablespoon [sesame oil](https://wearychef.com/ingredient/sesame-oil/)  1 [small bunch green onions](https://wearychef.com/ingredient/small-bunch-green-onions/) sliced thin  2 cloves [garlic](https://wearychef.com/ingredient/garlic/), minced  1 pound [ground turkey](https://wearychef.com/ingredient/ground-turkey/)  2 tablespoons [chili garlic sauce](https://www.amazon.com/gp/search/ref=as_li_ss_tl?fst=as:off&rh=n:16310101,k:garlic+chili+sauce&keywords=garlic+chili+sauce&ie=UTF8&qid=1484963618&rnid=2941120011&linkCode=sl2&tag=wearychef-20&linkId=2ea798f73aac9bd86e2ece52bf0ff600)  2 tablespoons [hoisin sauce](https://www.amazon.com/s/ref=as_li_ss_tl?url=search-alias%3Daps&field-keywords=hoisin+sauce&rh=i:aps,k:hoisin+sauce&linkCode=sl2&tag=wearychef-20&linkId=5581bdfe26e680d5e0cbdf1930228e9c), gluten free  1 teaspoon [crushed ginger](https://wearychef.com/ingredient/crushed-ginger/)  1 pound [washed and trimmed green beans](https://wearychef.com/ingredient/washed-and-trimmed-green-beans/) or Chinese long beans if available  1 tablespoon [soy sauce](https://wearychef.com/ingredient/soy-sauce/), gluten free or coconut aminos  1 tablespoon [seasoned rice vinegar](https://wearychef.com/ingredient/seasoned-rice-vinegar/) |  |

INSTRUCTIONS

Prepare rice (or cauliflower rice) as instructed on package and set aside.

As rice is cooking, heat large skillet over medium heat. Add sesame oil, and sauté green onions and garlic for about 2 minutes. Stir in ground turkey and sauté for another 3-5 minutes, until meat is mostly cooked. Crumble meat as much as possible while it’s cooking. Stir in chili garlic sauce, hoisin sauce, and ginger. Add green beans and soy sauce and stir to coat. Continue cooking over high heat for 7-9 minutes longer, stirring frequently, until beans are slightly tender. Stir in rice vinegar and cook for another minute. Serve over cooked rice or cauliflower rice. Enjoy!

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

Curry Paste

1 medium yellow onion, quartered

1 shallot, halved

6 cloves [garlic](https://goto.target.com/c/2773249/81938/2092?subid1=58c18d1bf051050f829e3c0b&subid2=https%3A%2F%2Fwww.halfbakedharvest.com%2Fchicken-tikka-masala%2F&sharedid=Half%20Baked%20Harvest&subid3=https%3A%2F%2Fwww.target.com%2Fp%2Fspice-world-fresh-whole-garlic-3ct-bag%2F-%2FA-14917318%23lnk%3Dsametab&u=https%3A%2F%2Fwww.target.com%2Fp%2Fspice-world-fresh-whole-garlic-3ct-bag%2F-%2FA-14917318%23lnk%3Dsametab)

2 (1-inch) pieces fresh ginger, peeled

3 tablespoons [garam masala](http://l.thrv.me/HBH1940-frontier-natural-products-garam-)

2 teaspoons [ground turmeric](http://l.thrv.me/HBH6027-thrive-market-turmeric-powder)

2 teaspoons [kosher salt](http://l.thrv.me/hbh-natnectr-medksalt)

1 teaspoon [crushed red pepper flakes](http://l.thrv.me/HBH4991-simply-organic-crushed-red-peppe)

Zest of 1 lemon

Chicken

2 pounds boneless skinless chicken breast, cubed

½ cup [full-fat plain Greek yogurt](https://goto.target.com/c/2773249/81938/2092?subid1=58c18d1bf051050f829e3c0b&subid2=https%3A%2F%2Fwww.halfbakedharvest.com%2Fchicken-tikka-masala%2F&sharedid=Half%20Baked%20Harvest&subid3=https%3A%2F%2Fwww.target.com%2Fp%2Ffage-total-5-milkfat-plain-greek-yogurt-5-3oz%2F-%2FA-49180115%23lnk%3Dsametab&u=https%3A%2F%2Fwww.target.com%2Fp%2Ffage-total-5-milkfat-plain-greek-yogurt-5-3oz%2F-%2FA-49180115%23lnk%3Dsametab) (or dairy free yogurt alternative)

1 can (14 ounce) [full-fat unsweetened coconut milk](http://l.thrv.me/HBH5625-thrive-market-coconut-milk-regul)

1 can (6 ounce) [tomato paste](http://l.thrv.me/HBH5945-thrive-market-organic-tomato-pas)

¼ cup [cilantro, chopped](https://goto.target.com/c/2773249/81938/2092?subid1=58c18d1bf051050f829e3c0b&subid2=https%3A%2F%2Fwww.halfbakedharvest.com%2Fchicken-tikka-masala%2F&sharedid=Half%20Baked%20Harvest&subid3=https%3A%2F%2Fwww.target.com%2Fp%2Fcilantro-bunch-each%2F-%2FA-15006468%23lnk%3Dsametab&u=https%3A%2F%2Fwww.target.com%2Fp%2Fcilantro-bunch-each%2F-%2FA-15006468%23lnk%3Dsametab)

3 cups cooked jasmine rice or cauliflower rice

Instructions

**To make the curry paste.**In a blender or food processor, combine the onion, shallot, garlic, ginger, garam masala, turmeric, salt, red pepper flakes, and lemon zest. Pulse until a smooth paste forms, or about 1 minute.

**To make the chicken.**In a gallon-size zip-lock bag, combine 2 tablespoons of the curry paste, the chicken, and the yogurt. Seal the bag and massage the mixture into the chicken to cover completely. Marinate at room temperature for 30 minutes or refrigerate overnight.

Heat a large, high-sided skillet over medium heat. Add ¼ to 1/2 cup of the curry paste (per your taste) and cook until fragrant or about 1 minute. Stir in the chicken, coconut milk, and tomato paste. Cover and cook until the chicken is cooked through, 15 to 20 minutes. Remove the lid and simmer until the sauce thickens slightly or about 5 minutes more.

Serve the chicken over rice or cauliflower rice and garnish with cilantro. Enjoy!

**Wednesday: The Salad:** Honey Mustard Chicken Salad

### **INGREDIENTS**

### **Dressing / Marinade:**

1/4 cup olive oil

2 T honey

3 T whole grain mustard

2 T creamy Dijon mustard

1-2 tablespoons Apple cider vinegar

1 teaspoon minced garlic

Salt to season

4 skinless and boneless chicken thighs or chicken breasts

### **For Salad:**

1/4 cup diced bacon, trimmed of rind and fat

4 cups Romaine lettuce leaves, washed

1 cup sliced grape or cherry tomatoes

1 large avocado, pitted and sliced

3 green onions, sliced

### **INSTRUCTIONS**

Whisk marinade / dressing ingredients in a bowl. Pour half the marinade into a shallow dish to marinade the chicken fillets for up to two hours. Refrigerate the reserved untouched marinade to use as a dressing.

Heat a skillet over medium heat and coat with oil. Cook chicken fillets on each side until lightly brown and cooked through (or 165 degrees). Grill in batches to preserve chicken moisture. Once chicken is cooked, set aside and allow to rest.

Wipe out pan and drizzle with another teaspoon of oil. Fry the bacon until crispy.

Slice chicken into strips and prepare salad with leaves, tomatoes, avocado slices, green onion pieces and chicken.

Whisk 2 tablespoons of water into the remaining untouched marinade / dressing and drizzle over the salad. Sprinkle the bacon over the top and season with a little extra salt and cracked pepper if desired. Enjoy!

**Thursday: The Soup:** Black Bean and Lentil Soup

### Ingredients

1 tablespoon olive oil

2 garlic cloves, minced

1 yellow onion, diced small

2 carrots, peeled and diced small

15 ounces diced canned tomatoes

1 cup dried lentils

15 ounces black beans can, drained

1 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon black pepper

1/2 teaspoon kosher salt

1/2 teaspoon crushed red pepper

4 cups vegetable broth

### Instructions

In a large pot add olive oil and sauté garlic for one minute. Add diced onions and carrots and continue to sauté until onion is tender, approximately 5 minutes. Add the remaining ingredients, stir, and cover.

Bring ingredients to a boil over medium heat, then reduce heat to a simmer and cook until lentils and carrots are tender, approximately 25 to 30 minutes.

Serve hot and enjoy!

**Friday: The Wrap: Parmesan Pesto chicken wrap**

### **INGREDIENTS**

2 tbsp parmesan (optional if dairy free)

2 tbsp pesto (can choose vegan alternative)

2 tbsp tomato paste

2 garlic cloves

6 slices of roasted chicken

⅓ cup mozzarella (or dairy free option)

½ cup spinach

½ zucchini, grilled

2 tbsp basil, chopped

2 tortillas (may choose gluten free tortillas)

### **INSTRUCTIONS**

Cube the sliced roasted chicken and with pesto, mozzarella, tomato paste and garlic.

Add 1/2 in the middle of a tortilla, add the zucchini, spinach, basil, and parmesan cheese.

Wrap like a burrito and toast in a slightly greased pan on the stove for 2-3 minutes per side or until golden brown.

Slice in half, serve and enjoy.

**Saturday: The Pan: Honey Lemon Garlic Salmon**

### **Ingredients**

### 1 lb. salmon

### 2 tablespoons olive oil

2 tablespoons honey or pure maple syrup

1 teaspoon grainy Dijon mustard

½ lemon, juiced

Zest from 1 lemon

3 cloves garlic, minced

Freshly ground salt and pepper

Mixed green salad

**Instructions**

Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper and grease lightly with olive. Place salmon skin side down on the sheet.

In a medium bowl, whisk together the melted butter, honey, Dijon, lemon juice, lemon zest, garlic powder and salt and pepper. Generously brush the salmon with the marinade.

Place the salmon in the oven and bake for 15-20 minutes or until salmon easily flakes with a fork. Enjoy with a side salad of mixed greens dressed with olive oil, lemon, salt and pepper. Enjoy!

**Sunday: The Grill: Marinaded Steak and Grilled Veggies**

### Ingredients

Marinade

1/3 cup Soy Sauce, gluten free or coconut aminos

1/2 cup Olive Oil, extra-virgin

1/3 cup Lemon Juice

1/4 cup Worcestershire Sauce, gluten free

1 1/2 TB Garlic Powder

3 TB Dried Basil

1 1/2 TB Dried Parsley Flakes

1 t White Pepper

1/8 t Cayenne Pepper

1 t Fresh Garlic, crushed

Steak of choice

steamed green beans

### Instructions

Wisk all marinade ingredients together in a bowl. Prepare to the meat by placing the steak in a large zip-lock bag with the marinade. Refrigerate for up to 8 hours turning the marinate container every 2 hours. When ready, grill the steak on medium heat as desired. Serve with a side of green beans. Enjoy!