



## Fit & Healthy 4-6 Grocery Late October

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
	<b>Produce</b>	White Wine Vinegar	-Peppercorns
10	1 red onion	Mustard	-Bay leaf
5,6,7,10,12	8 onions (buy in a 3 pound bag)	Dijon Mustard	-Cumin
mm	4 garlic bulbs	Honey	-Garlic Powder
4,5	3 sweet red bell pepper	Olive Oil	-Thyme
5	1 green bell pepper	Tabasco Sauce	-Chili powder
10	8 to 12 large Poblano Peppers		-Smoked Paprika
1,3	8 large sweet potatoes	Apple Cider Vinegar	-Coriander
1,4,6,8,10,11,12	Spring Mix (7 meals)	Worcestershire Sauce	-Ancho Chili Powder
2	2 heads Leaf (romaine) lettuce	Balsamic Vinegar	-Cinnamon
9	8 ounces cherry tomatoes	Red Wine Vinegar	-Black Pepper
9,12	3 pounds Roma tomatoes	White Vinegar	-Ginger
7	2 medium zucchini	Apple Cider Vinegar	-Italian Seasoning
2	1 small cucumber	Lime Juice	-Basil
6	16 ounces mushrooms	Lemon Juice	-Curry Powder
1,11	3 pounds asparagus	CreamyPeanutButter	-Oregano
8	2 pounds green beans	Soy Sauce	-Onion Powder
2,3,9,10,12	3 bunches cilantro	Dark Brown Sugar	-Kosher Salt
3,4,8	1-1/2 cup basil	White Sugar	-Salt
2	ginger root	Flour	-Turmeric
2	3 kiwi	Chopped Pecans	-Garam Masala
2	2 mango		-Cayenne
2,3	4 limes		
8,11	2 lemons		

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
3	1 watermelon		
	<b>Bread &amp; Baked Goods</b>		
9	8 to 12 Corn Taco Shells or (8") flour tortillas		
	<b>Meats</b>		
1,2,6,9	8 pounds boneless, skinless chicken breasts		
7	4 to 6 bone-in chicken breasts		
broth	10 chicken drumsticks (for broth)		
10	1 (2-1/2) pound bone in pork butt roast		
4	5 high quality sausages		
3,5	2 pounds sweet Italian Sausage		
8	4 to 6 (6 oz) tilapia fillets		
11	4 to 6 (6 oz) salmon fillets		
	<b>Canned Foods, Soups &amp; Mixes</b>		
6	Sun-dried tomatoes (1 cup)		
7	1 (14.5 oz) can diced tomatoes w/ green chilies		
6	3 (14.5 oz) cans fire-roasted tomatoes		
7	1 (15 oz) can Mexican-style chili beans		
8	1 small jar capers		
1,5,12	108 ounces (13-1/2 cups) chicken broth (or make)		
9	1 (7 oz) can chipotle peppers in adobo sauce		
10	1 (6 oz) can tomato paste		



## She Plans *Dinner*

### Menu

1. Asparagus Sweet Potato Chicken Skillet , Mixed Greens Salad
2. Satay Chicken Lettuce Wraps, Mango Salad
3. Sweet Potato Nachos, Watermelon Basil Salad
4. Roasted Red Pepper Pesto Pasta w/ Sausage, Mixed Greens Salad
5. Black Bean Soup
6. Tuscan Chicken Skillet, Salad
7. Grilled Chicken w/ Zucchini Skillet
8. Grilled Tilapia w/ Capers, Salad, Saute Green Beans
9. 6 Ingredient Grilled Chicken Tacos, Roasted Tomatoes
10. Pulled Pork Stuffed Poblano Peppers, Mixed Green Salad
11. Sweet Mustard Glazed Salmon Fillets, Asparagus, Mixed Greens Salad
12. Red Lentil Dal (vegetarian), Mixed Greens Salad

### Tips

- A vinaigrette dressing is less calories than a creamy dressing. There are endless possibilities for vinegar and herb options.
- Several of these dinners use Spring Mix as a salad. We all need more vegetables!
- This plan uses lots of vinegars and FRESH meat and produce. Very few frozen or canned products.
- You can buy 2 (15 oz) cans of black beans in leu of one pound of dried. But, you do need the other 2 pounds for the soup. Also buy 1 pound of dry white beans and make or, buy 2 (15 oz) cans.
- Make a double batch of broth, or purchase 100 ounces.
- The recipes are listed in the order I thought of them. Feel free to make them in whatever order takes your fancy
- Many of these recipes are gluten free (#2, 3, 5, 7,8, 10,11, 12). Number 12 is vegetarian, with #3, 4 being just as good without the sausage.

## *Crockpot Beans*

1 pound dried beans  
6 cups water  
1 bay leaf  
2-3 cloves garlic  
1 onion  
2 tsp salt

- Wash beans checking for clumps of dirt or pebbles.
- Place beans in the crockpot with water and bay leaf.
- Crush and peel garlic. Add to beans.
- Peel and half onions. Add to beans.
- Cook beans on High for 6 hours or Low for 10 hours-until the beans are tender, but not mushy.
- Turn off crockpot, and add salt. Allow to cool (if not using immediately). Drain and rinse.
- Freeze in recipe size portions. 1-1/2 cups equals one 15.5 ounce can of beans.

## *Basic Vinaigrette Dressing*

1 cup olive oil  
1/3 cup apple cider vinegar  
1/4 cup honey  
3 Tbsp chopped fresh basil  
2 cloves garlic

- Mince garlic. Chop basil.
- In a jar with a tight screwing lid (mason jar is perfect), combine all ingredients. Shake until well combined. (Strain the basil before storing in the refrigerator.)

## *Balsamic Vinaigrette*

1/4 cup balsamic vinegar  
2 tsp dark brown sugar  
3 large garlic cloves  
1/2 tsp salt  
1/2 tsp pepper  
3/4 cup olive oil

- Mince garlic.
- In a jar with a tight screwing lid (mason jar is perfect), combine all ingredients. Shake until well combined.

## How to Make Broth

5 chicken drumsticks  
1 Tbsp olive oil  
1 tsp kosher salt  
1/2 tsp black pepper  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp chili powder

- Preheat the oven to 400 degrees. Set the oven rack to the lowest position. Line a baking sheet with heavy duty foil.
- Wash the drumsticks. Pat dry. Loosen up the skin.
- Mix the remaining ingredients in a small bowl, forming a paste. Rub evenly on each drumstick and under the skin. Replace the skin.
- Place the drumsticks on the baking sheet. Bake for 35-40 minutes, until cooked through. Remove chicken from the baking sheet to cool.
- Immediately pour 2-3 cups of water into the baking sheet. Let sit for 30 minutes, or until the brown bits come off the sheet. Gently scrape off with a spatula.
- Remove chicken from the bones, saving the bones and skin for the stock, and using the meat for something else...

## Broth

5 chicken bones and skins  
3 garlic cloves, peeled and smashed  
1/2 onion, quartered  
1 carrot, cut into 3" pieces  
1 celery, cut into 3" pieces  
a couple of mushroom stems  
1 bay leaf  
1 tsp peppercorn  
2 tsp kosher salt  
1 Tbsp brown sugar  
reserved "fond" water (the fancy name for the water and brown bits from the pan)  
6 cups water

- Prepare the vegetables.
- Place everything in a slow cooker. Cook on low for 8-10 hours. Strain broth.

## 1. Asparagus Sweet Potato Chicken Skillet, Mixed Greens Salad

**Prep time: 15 minutes, Cook time: 25 minutes, Total time: 40 minutes**

2 pounds boneless, skinless chicken breasts

1 Tbsp olive oil

salt and pepper

3 garlic cloves

2 large (2 pounds total) sweet potatoes

1 cup chicken broth

1 pound fresh asparagus

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp red chili flakes

-Cut chicken into bite sized pieces. Season with salt and pepper.

-Mince garlic.

-In a large skillet over medium heat, add olive oil, chicken and garlic. Sauté for 7-10 minutes, or until the chicken is cooked through. Set chicken aside.

-Meanwhile trim tough ends from asparagus, and cut at a diagonal into 1-1/2" long pieces.

-Peel and cut the sweet potatoes into 1/2" cubes.

-To the same skillet (minus the chicken) add the sweet potatoes and chicken broth. Cook 7-10 minutes, until the potatoes are almost tender.

-Add the asparagus, and cook for 4-5 minutes, until crisp tender.

-Add the chicken, 1/2 tsp salt, pepper and chili flakes.

-Serve with a mixed greens salad.

## 2. Chicken Satay Lettuce Wraps, Mango & Kiwi Salad

**Prep time: 20 minutes, Cook time: 12 minutes, Total time: 30 minutes**

2 pounds boneless skinless chicken breasts

1 tsp curry powder

3/4 tsp salt

2 limes

1/4 cup creamy peanut butter

1 Tbsp soy sauce

1 tsp sugar

2 Tbsp **very hot** water

12-16 romaine lettuce leaves

1 bunch cilantro

1 small cucumber, sliced

-Grease a 10" skillet with non-stick cooking spray. Heat over medium-high heat until very hot.

-Rub chicken breasts with curry powder and salt. Add chicken to skillet; cook, turning once, until it loses its pink color throughout, 10-12 minutes.

-Meanwhile, from 1 lime grate 1/2 tsp of peel and squeeze 1 Tbsp of juice. Cut remaining lime into wedges.

- In a small serving bowl, whisk the peanut butter, soy sauce, sugar, lime peel and juice and water until blended and smooth.
- Wash and drain cilantro.
- Slice cucumber
- Prepare Mango Salad.
- Transfer chicken to a cutting board. Cut into slices. Into each lettuce leaf place 4-5 slices of chicken, some cilantro sprigs, and some cucumber slices. Top each with sauce and fold over edges of lettuce to close.
- Serve with lime wedges.

### Mango Salad

**Prep time: 15 minutes**

- 2 ripe mango
- 3 medium kiwi
- 3 Tbsp red wine vinegar
- 1 Tbsp peeled, grated fresh ginger
- 1 Tbsp finely chopped fresh cilantro leaves

- Peel, pit, and coarsely chop the mango, and place in a bowl.
- Peel and coarsely chop the kiwi and add to the mango.
- Chop cilantro. Grate the ginger.
- Add the vinegar, ginger and cilantro to the fruit and stir well.

### 3. Sweet Potato Nachos, Watermelon Basil Salad

**Prep time: 30 minutes, Cook time: 30 minutes, Total time: 45 minutes**

- 6 large sweet potatoes
- 3 tablespoons olive oil
- 3-4 cups black beans
- 3 cups (12 oz) cheddar cheese, shredded
- 1/3 cup chopped cilantro
- 1 pound fresh sausage

- Arrange racks in the upper and lower third of the oven and heat the oven to 425°F. Peel and cut the sweet potatoes into 1/2-inch thick sticks.
- Divide sweet potatoes evenly between two sheet pans and drizzle each pan with 1 tablespoon of the oil. Season generously with salt and pepper and toss to combine. Spread out the sweet potato sticks into a single layer and roast in the oven until tender, about 25 minutes, rotating the pans halfway through.
- Remove sweet potatoes from the oven and move the upper rack to the middle of the oven. Heat the broiler to high.
- Meanwhile, brown the sausage, and make the watermelon salad.
- Transfer half the sweet potatoes to an oven-safe platter and top with half the black beans, sausage and half the cheddar. Top with the remaining sweet potatoes and layer the remaining black beans, sausage and cheddar over the top.

-Place under the broiler until the cheese is melted and bubbly, 3-5 minutes. Sprinkle with cilantro and serve.

### *Watermelon, Basil & Feta Salad*

**Prep time: 15 minutes**

3-1/2 pounds (approx.) seedless watermelon  
2 Tbsp fresh lime juice  
1/2 cup fresh basil leaves  
4 ounces (1 cup) feta cheese  
Kosher salt and pepper

-Remove watermelon from the rind. Cut into 1" cubes. (6 cups) Place in large bowl.  
-Cut the basil leaves into strips. Add to watermelon. Add the feta cheese and lime juice.  
-Season with salt and pepper, and toss to combine.

### *4. Roasted Red Pepper Pesto Pasta, Spring Mix Salad*

**Prep time/Cook time: 35 minutes**

1-1/2 red peppers  
1/2 cup firmly packed fresh basil leaves  
1/3 cups chopped pecans, toasted  
6 garlic cloves, peeled  
1/2 cup olive oil  
1/2 cup grated Parmesan cheese  
1/2 tsp salt  
1/2 tsp pepper  
5 fresh mild or spicy Italian sausage links  
1 pound whole wheat or gluten-free linguine

-Place bell peppers, cut side down, on a broiler pan. Broil on high, 4-6" from heat, for 8-10 minutes, until the skin is charred. Place the pepper halves in a brown paper bag for 10 minutes.  
-Cook the pasta according to package directions.  
-Toasted the chopped pecans in a 350 degree oven for 8-10 minutes-until fragrant and golden. Stir occasionally.  
-When the peppers' 10 minutes in the bag are up, peel the peppers. You don't have to peel them perfectly. Cut into each 8-10 big chunks, and place in a blender or food processor.  
-Add oil, garlic, salt and pepper, pecans and basil to the food processor. Pulse until relatively smooth. Add the Parmesan and pulse to mix in.  
-Brown the sausage after cutting out of skin.  
-Mix the sausage and pesto with the pasta.  
-Serve with Spring Mix Salad.



## 5. Black Bean and Sausage Soup

**Prep/cook time: (slow cooker) 6 hours plus additional 2 hours**

2 pounds dry black beans  
2 Tbsp vegetable oil  
1 pound sweet Italian sausage, casings removed  
3 large onions, chopped  
11 cloves garlic, chopped  
1 bay leaf  
8 cups chicken broth  
2 tsp chili powder  
2 tsp dried oregano  
2 tsp cumin  
2 sweet red or green peppers, cored, seeded and chopped

### Day or Night or 6 hours Before...

-In your slow cooker, place washed and sorted beans, 13 cups of water, 1 onion, 3 cloves of garlic, and one bay leaf. Cook on high for 6 hours. When beans are soft, add one tablespoon of salt, and let beans cool or for 60 minutes. Drain and rinse.

### Day of...

-Heat oil in a large soup pan. Add sausage and cook 5 minutes, stirring occasionally. Add remaining onion and garlic and cook another 5 minutes, stirring occasionally.  
-Stir in broth, 4 cups of water, beans, chili powder, oregano, and cumin. Simmer, covered, for 90 minutes. Add pepper and cook another 5 minutes.  
-Remove about 2 cups of mixture from the pot and place in a blender. Puree and return to pot.