

December Menu #1

Menu

Instant Pot Mongolian Beef with Broccoli
Italian Turkey Burger Soup
Vegetarian Spinach Lasagna
Italian Stuffed Mushrooms
Shepherds Pie
Snack: Chewy Cinnamon Protein Cookies

Shopping List

Proteins
Flank steak- 1 ½ lbs.
Ground turkey- 1 ½ lbs. 1 lb. 1 lb.

Produce:
Garlic- 4 cloves, 3 cloves
Ginger- 1 tsp.
Green onions- 4
Broccoli florets- 4 c.
Onion- ½, ½
Carrots- 3, 3
Celery stalks- 3, 3
Spaghetti squash- 1 large
Spinach- 4 c.
Portobello mushroom caps- 4 large
Sweet potatoes- 2 large

Other:
Coconut aminos- 1/3 c.
Honey- 4 T.
Arrowroot starch- 1 T.
Rice- 2 c.
Diced tomatoes- 28 oz. can
Chicken or beef stock- 3 c., 1 c.
Tomato paste- 4 T., 2 T.
Seasonings: 1 tsp. each: basil, oregano, thyme,
½ tsp. chili pepper flakes
Marinara- 2 c., 1 c.
Ricotta cheese- 1 c.
Egg- 1, 1
Garlic powder- ½ tsp.
Shredded Mozzarella- 2 c.
Seasonings: 1 tsp. each: salt, oregano, basil
Almond flour- ¼ c.
Shredded parmesan- 1 c.
Seasonings: 1 tsp. each: dried thyme, dried
rosemary, salt, garlic
Butter- 2 T.
Coconut milk- ¼ c.
Coconut flakes (unsweetened)- 2 c.
Vanilla protein powder- 8 T.
Cinnamon- 1 tsp.
Maple syrup- 8 T.
Small bags- 5, large bags- 1

1. Veggie Prep:

- Garlic- minced 7 cloves of garlic. Place 4 cloves in a small bag labeled “Meal 1.”
 - Place 3 cloves in a small bag labeled “Meal 2.”
- Ginger- finely chop 1 tsp. and add to Meal 1 bag with minced garlic.
- Green onions- thinly slice 4 and place in small bag labeled “Meal 1.”
- Broccoli florets- cut into small florets and place in a large bag labeled “Meal 1.”
- Onion- dice 1 onion. Place $\frac{1}{2}$ in a small bag labeled “Meal 2.”
 - Set $\frac{1}{2}$ aside.
- Carrots- peel and dice all 6 carrots. Place 3 in a small bag labeled “Meal 2.”
 - Set 3 aside.
- Celery stalks- dice 6 stalks and add 3 to the Meal 2 bag with the diced carrots.
 - Set 3 aside.
- Spaghetti squash- cut in half lengthwise and scoop out seeds/pulp. Cover in plastic wrap.
- Spinach- you will not need this until cooking day.
- Portobello mushroom caps- you will not need these until cooking day.
- Sweet potatoes- peel and cut into large chunks. Set aside.
- Spinach- roughly chop and set aside.

1. Finishing Prep:

- Flank steak- you will not need this until cooking day.
- Ground turkey- You will not need the ground turkey for the Italian Turkey Burger Soup or for the Stuffed Mushrooms.
- For the shepherd's pie:
 1. Bring a large pot of water to a boil and add the sweet potato chunks. Season water with salt and cook 10-12 minutes or until very tender.
 2. Meanwhile, heat a large skillet over medium high heat and add a splash of oil.
 3. Add the diced veggies that you set aside (onion, carrots, celery) and season with salt and pepper.
 4. Cook 4-5 minutes, or until very soft.
 5. Add the 1 lb. ground turkey.
 6. Season with salt and pepper and cook through.
 7. Add 3 T. tomato paste and stir. Cook 1-2 minutes.
 8. Add 1 c. chicken stock and 1 tsp. each: dried thyme, dried rosemary, garlic. Season with salt/pepper as needed.
 9. Put this mixture in a casserole dish.
 10. Drain then puree the cooked sweet potatoes with 2 T. butter and $\frac{1}{4}$ c. coconut/almond milk. Season with salt/pepper.
 11. Spread the whipped sweet potatoes on the meat mixture. Cool and cover.
- Snack: Chewy Cinnamon Protein Cookies
 1. Preheat oven to 300.
 2. Mix together all ingredients.
 3. Scoop about 18 cookies onto a greased tray and gently press down cookies to flatten.
 4. Bake 13-15 minutes.

Instant Pot Mongolian Beef with Broccoli

1. Cook rice according to package directions.
2. Mix together coconut aminos, garlic, ginger and water.
3. Thinly slice steak and season with salt and pepper on all sides. Turn Instant Pot on to Sauté mode. Allow to heat up and then quickly sear steak slices.
4. Turn off the sauté mode and add liquid mixture into Instant Pot. Place lid on and seal. Press the Manual button and adjust time to 11 minutes.
5. While this is cooking, whisk together 3 T. water with 1 T. arrowroot starch.
6. When the time is up, release the vent immediately and let the pressure release. Open the lid when you can, and stir in 4 T. honey and the arrowroot mixture. Add the broccoli. Turn the Instant Pot to sauté mode and cook 3-4 more minutes.
7. Top with sliced green onions and serve on cooked rice.

Italian Turkey Burger Soup

1. Heat a large pot over medium high heat and add a splash of oil.
2. Cook the diced onion 3-4 minutes until softened. Season with salt and pepper.
3. Add the garlic and cook 1 more minute.
4. Add ground turkey and season with salt and pepper. Cook through.
5. Add carrots and celery and cook 5 minutes.
6. Add tomato paste and stir to coat. Cook 1 minute.
7. Add stock, diced tomatoes and 1 tsp. each: basil, oregano, thyme, $\frac{1}{2}$ tsp. chili pepper flakes.
8. Bring to a boil then reduce to a simmer for 30-40 minutes. Adjust salt and seasonings as desired.

Vegetarian Spinach Lasagna

1. Preheat oven to 400.
2. Cut spaghetti squash in half lengthwise and scoop out seeds/pulp. Place cut side down on a greased pan and bake 20-25 minutes or until tender.
3. Meanwhile, heat a large skillet over medium high heat and add a splash of oil. Cook the spinach 2-3 minutes and season with salt and pepper.
4. In a small bowl, stir together the ricotta, 1 egg and ½ tsp. garlic.
5. When the spaghetti squash is cooked and cooled, scrape out the strands then season with salt and pepper.
6. Grease a 9x13 pan and place half of the spaghetti squash strands in the bottom and spread out. Top with 1 c. marinara, half of the cooked spinach, then all of the ricotta mixture.
7. Top with spaghetti squash then spinach and then top with shredded mozzarella.
8. Bake 25-30 minutes.

Italian Stuffed Mushrooms

1. Preheat oven to 375.
2. In a large bowl, mix together the turkey, egg, seasonings, and almond flour.
3. Divide mixture into 4 parts and place in mushroom caps and place on a greased pan.
4. Bake 30 minutes.
5. Remove pan, add marinara to the tops of each and parmesan cheese.
6. Broil 2-3 minutes.

Shepherds Pie

1. Preheat oven to 400.
2. Bake casserole 20-25 minutes, or until heated through.

Individual Recipes

Ingredients

1 ½ lbs. Flank steak
1/3 c. Coconut aminos
4 cloves of Garlic, minced
1 tsp. Ginger, minced
½ c. Water
4 Green onions, thinly sliced
4 T. Honey
1 T. Arrowroot starch
4 c. Broccoli florets
2 c. Rice, uncooked

Ingredients

1 ½ lbs. Ground turkey
½ Onion, diced
3 cloves of garlic, minced
3 Carrots, peeled and sliced
3 Celery stalks, diced
1 (28 oz.) can Diced tomatoes
3 c. Chicken or beef stock
4 T. Tomato paste
Seasonings: 1 tsp. each: basil, oregano, thyme, ½ tsp. chili pepper flakes

Instant Pot Mongolian Beef with Broccoli

1. Cook rice according to package directions.
2. Mix together coconut aminos, garlic, ginger and water.
3. Thinly slice steak and season with salt and pepper on all sides. Turn Instant Pot on to Sauté mode. Allow to heat up and then quickly sear steak slices.
4. Turn off the sauté mode and add liquid mixture into Instant Pot. Place lid on and seal. Press the Manual button and adjust time to 11 minutes.
5. While this is cooking, whisk together 3 T. water with 1 T. arrowroot starch.
6. When the time is up, release the vent immediately and let the pressure release. Open the lid when you can, and stir in 4 T. honey and the arrowroot mixture. Add the broccoli. Turn the Instant Pot to sauté mode and cook 3-4 more minutes.
7. Top with sliced green onions and serve on cooked rice.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 357
Fat: 9g
Carbs: 41g
Protein: 29g

Italian Turkey Burger Soup

1. Heat a large pot over medium high heat and add a splash of oil.
2. Cook the diced onion 3-4 minutes until softened. Season with salt and pepper.
3. Add the garlic and cook 1 more minute.
4. Add ground turkey and season with salt and pepper. Cook through.
5. Add carrots and celery and cook 5 minutes.
6. Add tomato paste and stir to coat. Cook 1 minute.
7. Add stock, diced tomatoes and 1 tsp. each: basil, oregano, thyme, ½ tsp. chili pepper flakes.
8. Bring to a boil then reduce to a simmer for 30-40 minutes. Adjust salt and seasonings as desired.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 251
Fat: 9g
Carbs: 17g
Protein: 25g

Individual Recipes

Ingredients

1 large Spaghetti squash
4 c. Spinach
2 c. Marinara
1 c. Ricotta cheese
1 Egg
½ tsp. Garlic powder
2 c. Shredded Mozzarella

Ingredients

4 large portobello mushroom caps, with gills scraped out
1 lb. Ground turkey
1 c. marinara
Seasonings: 1 tsp. each: salt, oregano, basil
1 egg
¼ c. Almond flour
1 c. Shredded parmesan

Vegetarian Spinach Lasagna

1. Preheat oven to 400.
2. Cut spaghetti squash in half lengthwise and scoop out seeds/pulp. Place cut side down on a greased pan and bake 20-25 minutes or until tender.
3. Meanwhile, heat a large skillet over medium high heat and add a splash of oil. Cook the spinach 2-3 minutes and season with salt and pepper.
4. In a small bowl, stir together the ricotta, 1 egg and ½ tsp. garlic.
5. When the spaghetti squash is cooked and cooled, scrape out the strands then season with salt and pepper.
6. Grease a 9x13 pan and place half of the spaghetti squash strands in the bottom and spread out. Top with 1 c. marinara, half of the cooked spinach, then all of the ricotta mixture.
7. Top with spaghetti squash then spinach and then top with shredded mozzarella.
8. Bake 25-30 minutes.

Nutrition Info:

Serving Size: 1/4th of the recipe
Calories: 339
Fat: 22g
Carbs: 13g
Protein: 25g

Italian Stuffed Mushrooms

1. Preheat oven to 375.
2. In a large bowl, mix together the turkey, egg, seasonings, and almond flour.
3. Divide mixture into 4 parts and place in mushroom caps and place on a greased pan.
4. Bake 30 minutes.
5. Remove pan, add marinara to the tops of each and parmesan cheese.
6. Broil 2-3 minutes.

Nutrition Info:

Serving Size: 1/4th of the recipe
Calories: 346
Fat: 20g
Carbs: 8g
Protein: 39g

Individual Recipes

Ingredients

1 lb. Ground turkey
3 stalks Celery, diced
1/2 Onion, diced
3 Carrots, peeled and diced
1 c. Chicken stock
2 T. Tomato paste
Seasonings: 1 tsp. each: dried thyme, dried rosemary, salt, garlic
2 large Sweet potatoes, peeled and cut into large chunks
2 T. Butter
1/4 c. Coconut milk

Ingredients

2 c. Coconut flakes (unsweetened)
8 T. Vanilla protein powder
1 tsp. Cinnamon
8 T. Maple syrup

Shepherds Pie

1. Preheat oven to 400.
2. Bring a large pot of water to a boil and add the sweet potato chunks. Season water with salt and cook 10-12 minutes or until very tender.
3. Meanwhile, heat a large skillet over medium high heat and add a splash of oil.
4. Add the diced veggies (onion, carrots, celery) and season with salt and pepper.
5. Cook 4-5 minutes, or until very soft.
6. Add the 1 lb. ground turkey.
7. Season with salt and pepper and cook through.
8. Add 3 T. tomato paste and stir. Cook 1-2 minutes.
9. Add 1 c. chicken stock and 1 tsp. each: dried thyme, dried rosemary, garlic. Season with salt/pepper as needed.
10. Put this mixture in a casserole dish.
11. Drain then puree the cooked sweet potatoes with 2 T. butter and 1/4 c. coconut milk. Season with salt/pepper.
12. Spread the whipped sweet potatoes on the meat mixture.
13. Bake casserole 20-25 minutes, or until heated through.

Nutrition Info:

Serving Size: 1/4th of the recipe
Calories: 240
Fat: 7g
Carbs: 24g
Protein: 21g

Snack: Chewy Cinnamon Protein Cookies

1. Preheat oven to 300.
2. Mix together all ingredients.
3. Scoop about 18 cookies onto a greased tray and gently press down cookies to flatten.
4. Bake 13-15 minutes.

Nutrition Info:

Serving Size: 1 cookie (makes 18)
Calories: 149
Fat: 9g
Carbs: 12g
Protein: 6g