

the grizzly kitchen plans

WEEK OF SEPTEMBER 22, 2017

weekly meals SERVES 4

- (1) MEAL 1: Chicken sausage, apple, brussels sprout, & butternut sheet pan bake
- (2) MEAL 2: Blackened shrimp // japanese white sweet potato coins // fajita vegetables
- (3) MEAL 3: Fall frittata with cheddar // salad
- (4) MEAL 4: Grilled, marinated skirt steak // crispy yukon golds // quick asparagus saute
- (5) SALAD: French-style green salad with radishes & shallot vinaigrette
- (6) BREAKFAST: Strawberry & banana smoothie
- (7) SNACK: Honeycrisp apple with lime & cinnamon
- (8) DESSERT: Sauteed pears with toasted pecans

grocery list

VEGETABLES

- 2 pounds brussels sprouts
- 2 large butternut squash
- 3 red onions
- 4 red peppers
- 4 medium white japanese sweet potatoes
- 2 pounds yukon gold potatoes
- 2 pounds asparagus
- 8 cups mixed greens (frisee, radicchio, spring mix)
- 1 bunch radishes
- 1 shallot

FRESH HERBS

- 1 bunch fresh thyme

FRUITS

- 1 pint strawberries
- 2 frozen bananas
- 5 honeycrisp apples
- 4 pears
- 1 lime

OILS/VINEGARS

- Olive oil
- Clarified butter (ghee)
- Red wine vinegar
- Dijon mustard
- Apple cider vinegar
- Coconut aminos

CANNED GOODS

- 1/2 cup sundried tomatoes
- 1/2 cup kalamata olives

NUTS & NUT BUTTERS

- Pecans
- Almond or peanut butter
- Chia seeds
- Flax seeds

SPICES & EXTRACTS

- Cinnamon
- Blackened seasoning
- Chili powder
- Dried oregano
- Kosher salt & pepper
- Garlic powder

SWEETENERS, ETC.

- Vanilla protein powder

MEAT / POULTRY EGGS & SEAFOOD

- 8 chicken & apple sausages (I like Aidell's brand)
- 2 pounds peeled and deveined shrimp
- 2 pounds skirt steak
- 12 eggs

REFRIGERATED

- Almond milk
- 4 ounces cheddar, grated

*EQUIPMENT NEEDED

- Mandolin (optional)
- Sharp knife
- Saute pan
- Dutch oven
- High-speed blender
- Food processor
- Whisk
- Baking sheets
- Parchment paper
- Grill or grill pan

prep day

SCHEDULE OUT 1-2 HOURS TO COMPLETE YOUR PREP

BAKING

PECANS (8):

Set oven at 375 degrees F. Line a baking sheet with parchment paper. Lay pecans in an even layer on the baking sheet. Bake for 8-10 minutes, until they are golden and smell toasty. Store for later.

CHOPPING

BRUSSELS SPROUTS (1)(3):

Cut the bottom off of the brussels sprouts and halve. Store for later.

BUTTERNUT SQUASH (1)(3):

Peel and dice the butternut squash into 1/2" cubes. Store for later.

1 RED ONION (1)(3):

Dice the red onion into 1/4" pieces. Store for later.

2 RED ONIONS & 4 RED PEPPERS (2):

Peel, halve, and slice the red onions into half moons. Cut the red peppers into thin slices. Store for later.

ASPARAGUS (4):

Break the bottom off of each asparagus spear. Cut into 1" pieces. Store for later.

SHALLOT (3)(5):

Peel, halve, and mince the shallot. Store for later.

COOKING & MIXING

SALAD DRESSING (3)(5):

In a small bowl, mix 1 tablespoon dijon mustard, 3 tablespoons red wine vinegar, 1/2 teaspoon salt, 1/2 teaspoon pepper, and the chopped shallot. Slowly drizzle in 1/2 cup olive oil and whisk until emulsified and completely combined. Store for later.

STEAK MARINADE (4):

In a small bowl, mix 1/4 cup apple cider vinegar, 1/4 cup coconut aminos, 1/4 cup olive oil, 2 teaspoons garlic powder, 2 teaspoons oregano, 1 teaspoon kosher salt, and 1 teaspoon black pepper.

this week's meals

DAY 1

CHICKEN SAUSAGE, APPLE, BRUSSELS SPROUT, & BUTTERNUT SHEET PAN BAKE (1):

1. Set oven at 425 degrees F. Line two baking sheets with parchment paper. Cut the sausages diagonally into large pieces. Core and coarsely chop the apple. On the two baking sheets, evenly distribute the sausages, apple, brussels, butternut, and red onion. Add three sprigs of thyme, 2 tablespoons ghee or olive oil, 1 teaspoon salt and 1/2 teaspoon pepper to each sheet. Mix very well. The pans might be crowded, but they will cook through.
2. Bake for 45-60 minutes, turning a few times in between, until everything is golden and cooked through. Reserve 1/3 of the food for Meal #3.
3. Eat immediately.

DAY 2

BLACKENED SHRIMP // JAPANESE WHITE SWEET POTATO COINS // FAJITA VEGETABLES (2):

1. Set oven at 425 degrees F. Line two baking sheets with parchment paper. On one sheet, add the shrimp, 2 tablespoons olive oil, and 1 tablespoon of the blackened seasoning, more if you like. Bake for about 20 minutes, until cooked through and pink.
2. Slice and wash the sweet potatoes into 1/2" discs. On the other sheet, add the sweet potatoes with 2 tablespoons ghee and 1 teaspoon salt. Bake for 35 minutes, turning once in between.
3. Meanwhile, add 2 tablespoons ghee to a large dutch oven and heat over medium low heat. Add the sliced onions and peppers, 1 teaspoon salt, 1 teaspoon chili powder, 1 teaspoon oregano, and 1/2 teaspoon pepper, and cook until they are softened and caramelized.
4. Serve the shrimp with the fajita vegetables and the sweet potato coins on the side.

DAY 3

FRITTATA WITH CHEDDAR // SALAD (3):

1. Set the oven at 375 degrees F. Grease a 9 x 13" glass baking dish with olive oil or ghee.
2. In a large bowl, mix 12 eggs with 1 teaspoon oregano, 1 teaspoon salt, and 1 teaspoon pepper. Add in the leftover baking sheet mix from Meal #1. Pour the eggs on top. Top with the cheddar.
3. Bake for 20-30 minutes, until the eggs are just set.
4. Slice and eat with the salad on the side.

this week's meals

DAY 4

GRILLED, MARINATED SKIRT STEAK // CRISPY YUKON GOLDS // QUICK ASPARAGUS (4):

1. Set the oven at 425 degrees F. Cut the yukon golds into 1" pieces. Line a baking sheet with parchment paper. Add the yukons to the sheet with 2 tablespoons ghee, 1 teaspoon salt, and 1/2 teaspoon pepper. Roast for 40 minutes, turning a few times in between, until they are cooked through and crispy.
2. Remove the skirt steak from the marinade and discard the marinade. Grill until it reaches a temp of 130 degrees F for medium. Can also be cooked in a saute pan, seared 2 minutes per side.
3. In a large saute pan, heat 2 tablespoons ghee over medium heat. Add the asparagus and 1 teaspoon salt. Cook for 8-10 minutes, until they are cooked through.
4. Let the steak rest 10 minutes then slice. Serve with the potatoes and asparagus.

SALAD

FRENCH-STYLE GREEN SALAD WITH RADISHES & SHALLOT VINAIGRETTE (5):

1. Wash and thinly slice the radishes. In a large bowl, add the radishes and the greens. Toss with the dressing until nicely coated. Serve immediately.

BREAKFAST

STRAWBERRY & BANANA SMOOTHIE (6):

1. In a high speed blender, add 1/2 pint strawberries (hulled - green top removed), 1 frozen banana, 2 tablespoons chia, 2 tablespoons flax, 2 tablespoons almond butter, 10 pieces ice, 2 cups almond milk, 2 scoops protein powder, and blend very well until combined. This serves 2. Repeat for another 2 servings.

SNACK

HONEYCRISP APPLE WITH LIME & CINNAMON (7):

1. Cut the honeycrisps into wedges, drizzle with lime juice, and sprinkle with cinnamon.

DESSERT

SAUTEED PEARS WITH TOASTED PECANS (8):

1. Cut the pears into wedges (make sure they're ripe). Heat a large dutch oven with 2 tablespoons ghee over medium heat. Add the pears and stir until softened, 10-15 minutes. Add 1 teaspoon cinnamon, and top with the pecans.