

the grizzly kitchen plans

WEEK OF SEPTEMBER 29, 2017

weekly meals SERVES 4

- (1) MEAL 1: Pesto shrimp // zucchini noodles
- (2) MEAL 2: Orange sesame chicken // braised snap peas // buttered white rice
- (3) MEAL 3: Sage & rosemary brined grilled pork chops // butternut squash & apple soup
- (4) MEAL 4: Reverse-sear rib eyes // whole sweet potato // salad
- (5) SALAD: Steakhouse wedge salad with cherry tomatoes & red onion
- (6) BREAKFAST: Banana & almond butter boat with cinnamon
- (7) SNACK: Antipasto platter
- (8) DESSERT: Baked apples with walnuts & raisins

grocery list

VEGETABLES

- 2 pounds zucchini
- 2 pounds snap peas
- 1 large butternut squash
- 4 carrots
- 2 ribs celery
- 2 red onions
- 4 medium sweet potatoes
- 1 pint cherry tomatoes
- 1 head iceberg lettuce

FRESH HERBS

- 4 sprigs thyme
- 4 sprigs rosemary
- Small bunch cilantro

FRUITS

- 1 orange
- 5 apples
- 4 bananas

OILS/VINEGARS

- Olive oil
- Clarified butter (ghee)
- Coconut aminos
- Toasted sesame oil
- Grass-fed butter (Kerrygold)

PANTRY GOODS

- Blue cheese or ranch dressing
- Tomato paste
- Chicken broth
- White rice
- Olives
- Marinated antipasto veggies such as artichokes, mushrooms

NUTS & NUT BUTTERS

- Walnuts
- Almond or peanut butter

SPICES & EXTRACTS

- Cinnamon
- Vanilla extract
- Five spice powder
- Kosher salt & pepper
- Garlic powder

SWEETENERS, ETC.

- Maple syrup

MEAT / POULTRY EGGS & SEAFOOD

- 4 chicken breasts (boneless & skinless)
- 2 pounds peeled and deveined shrimp
- 4 bone-in pork chops
- 4 (6-ounce) rib-eye filets or New York Strips
- 8 ounces mixed Italian charcuterie such as prosciutto, salami, coppa, speck, etc.

REFRIGERATED

- Almond milk
- Your favorite prepared pesto

*EQUIPMENT NEEDED

- Mandolin (optional)
- Sharp knife
- Saute pan
- Dutch oven
- Glass baking dish
- Instant-read thermometer
- Whisk
- Baking sheets
- Parchment paper
- Grill or grill pan
- Slow cooker

prep day

SCHEDULE OUT 1-2 HOURS TO COMPLETE YOUR PREP

CHOPPING

BUTTERNUT SQUASH (3):

Peel the butternut squash, scoop out the seeds, and cube it into 1" pieces. Store for later.

CARROT (3):

Peel 4 carrots and chop them into 1" pieces. Store for later.

CELERY (3):

Cut 2 ribs of celery into 1" pieces. Store for later.

ONION (3):

Cut the onion in half, peel it, and chop it into 1" pieces. Store for later.

RED ONION (2)(4)(5):

Cut the onion in half, peel it, and slice one half of it into very thin slices. Chop the other. Store for later.

COOKING & MIXING

ORANGE SESAME CHICKEN SAUCE (2):

In a small bowl, mix 1/3 coconut aminos, 1/3 cup maple syrup, 2 tablespoons fresh orange juice, 2 tablespoons tomato paste, 1 tablespoon sesame oil, and 1 teaspoon garlic powder. Store for later.

PORK CHOP BRINE (3):

In a large bowl, mix 8 cups water, 1/2 cup kosher salt, 1/2 cup maple syrup, 3 sprigs thyme, 3 sprigs rosemary, and 5 cloves crushed garlic. Mix well and store for later.

this week's meals

DAY 1

PESTO SHRIMP // ZUCCHINI NOODLES (1):

1. Set your oven at 450 degrees F. Line a baking sheet with parchment paper.
2. Spiralize the zucchini and place them into a colander set over a bowl and rub them with a couple teaspoons of salt. Let drain for 30 minutes, and squeeze out the excess water.
3. Rub the shrimp with 1/4 cup pesto and place on the baking sheet. Bake for 10-15 minutes, until the shrimp are cooked through and no longer pink.
4. Serve the shrimp on top of the zucchini noodles.

DAY 2

ORANGE SESAME CHICKEN // BRAISED SNAP PEAS // BUTTERED WHITE RICE (2):

1. Into a slow cooker, place the chicken breasts with the orange sesame sauce and a half chopped onion. Cook for 4-6 hours on low.
2. Meanwhile, place the snap peas in a saute pan with 1 tablespoon butter and cover with broth. Cook for 10-15 minutes over medium heat, until the liquid has evaporated. Season with salt.
3. Cook 1.5 cups of the white rice with 1 tablespoon butter and 3 cups broth for 15 minutes in a small saucepan, until all the liquid has evaporated. Fluff the rice.
4. Once the chicken is done, remove it from the slow cooker and shred. Place the liquid from the slow cooker into a saucepan and cook on medium heat until reduced by half. Mix the chicken with the sauce.
5. Serve the shredded chicken with the rice and snap peas, and garnish with a handful of cilantro leaves.

DAY 3

SAGE & ROSEMARY BRINED GRILLED PORK CHOPS // BUTTERNUT SQUASH & APPLE SOUP (3):

1. The morning you plan on cooking the pork chops, place them into the brine. Brine for at least 4 hours and up to 8.
2. Set the oven at 425 degrees F. Line a baking sheet with parchment paper. Place the chopped butternut, onion, celery, and carrot onto a baking sheet, and chop an apple and add to it (it's ok to leave the skin on), and add 3 whole cloves garlic with 1/4 cup ghee. Roast for 45 minutes, until all the vegetables are caramelized and cooked through.
3. Add the cooked veggies to 3 cups broth, 1 cup water, and 3 tablespoons butter to a large dutch oven and cook for 20 minutes. Add 1 1/2 - 2 teaspoons salt. Puree and season to taste.
4. Remove the chops from the brine and pat them dry. Grill the pork chops until they register 145 degrees F on an internal read thermometer.
5. Serve the pork chops with the soup.

this week's meals

DAY 4

REVERSE SEAR RIB EYES // WHOLE SWEET POTATO // SALAD (4)

1. Set your oven at 375 degrees F. Wash the sweet potatoes. Poke a few holes in each one and wrap each in foil. Place on a baking sheet and bake for one hour, until they are completely soft.
2. Line a baking sheet with parchment paper. Pat the steaks dry and season them with salt. Bake them for 10-15 minutes, until they register 120 degrees F on an internal read thermometer.
3. Meanwhile, bring a saute pan to high heat. Sear the steaks without crowding the pan, about 2-3 minutes per side, until they have a beautiful golden crust. Let rest 5-10 minutes.
4. Serve the steaks with the sweet potatoes topped with some butter and the salad.

SALAD

STEAKHOUSE WEDGE SALAD WITH CHERRY TOMATOES & RED ONION (5):

1. Remove the outer leaves from the head of iceberg lettuce. Cut it into quarters, leaving the core in tact. Rinse and dry them.
2. Halve the cherry tomatoes. Place the lettuce on a plate. Sprinkle the cherry tomatoes and sliced red onions on top.
3. Drizzle with your dressing of choice. Serve immediately.

BREAKFAST

BANANA & ALMOND BUTTER BOAT WITH CINNAMON (6):

1. Peel 4 bananas and cut them down the middle, not taking the knife all the way through, the banana should be split and left in one piece.
2. Drizzle with almond butter, and sprinkle with cinnamon.

SNACK

ANTIPASTO PLATTER (7):

1. On a large plate, lay out the olives, marinated antipasto veggies, and charcuterie.
2. Eat immediately.

DESSERT

BAKED APPLES WITH ALMONDS & RAISINS (8):

1. Set the oven at 375 degrees F. Grease a glass 8x8" dish. Core the apples with a spoon and scoop out the core and seeds, being careful to leave the bottom in tact.
2. In a small bowl, mix 1/2 cup chopped walnuts, 1/4 cup raisins, 1 teaspoon cinnamon, and 2 tablespoons maple syrup. Stuff this mixture evenly into the apples.
3. Bake for 45 minutes to 1 hour, until the apples are soft and caramelized.