

Menu - Week One

See [Katie at the Kitchen Door](#) for full recipes

Menu is designed to serve one person, utilizing leftovers for lunches and snacks. All of the recipes can be easily scaled to feed two or more at each meal, but you will need to adjust the amounts in the attached grocery list. If you follow all the recipes and plan as written for one person, you will have unused leftovers of Shakshuka, Blackberry Oatmeal, Mushroom and Olive Veggie Burgers, Poblano and Black Bean Soup, Stuffed Peppers, Sweet Potato Hash, and Soba Noodles, all of which can be frozen for a later date or will be used in next week's meal plan.

Day One, Sunday:

- Brunch: [Shakshuka](#)
- Snack: Avocado Tartine - 1 Piece Whole Wheat Toast with Slices from 1/2 an Avocado
- Dinner: [Roasted Beet and Spinach Salad with Goat Cheese, Pomegranate, and Almond Vinaigrette](#)

Day Two, Monday:

- Breakfast: [Sweet Spinach and Mango Smoothie](#), [Gluten-Free Olive and Feta Corn Muffin](#)
- Lunch: Leftover Shakshuka
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: [Sesame Chicken Bowl](#)

Day Three, Tuesday:

- Breakfast: [Baked Blackberry Oatmeal](#)
- Lunch: Leftover Roasted Beet and Spinach Salad
- Snack: Gluten-Free Olive and Feta Corn Muffin
- Dinner: [Mushroom and Olive Veggie Burgers](#), 1/2 roasted sweet potato

Day Four, Wednesday:

- Breakfast: [Sweet Spinach and Mango Smoothie](#), [Gluten-Free Olive and Feta Corn Muffin](#)
- Lunch: Leftover Sesame Chicken Bowl
- Snack: Avocado Tartine - 1 Piece Whole Wheat Toast with Slices from 1/2 an Avocado
- Dinner: [Roasted Brussels Sprout and Bacon Salad with Avocado Vinaigrette](#)

Day Five, Thursday:

- Breakfast: [Baked Blackberry Oatmeal](#)
- Lunch: Leftover Roasted Brussels Sprout Salad, Leftover Mushroom and Olive Veggie Burger
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: [Roasted Poblano and Black Bean Soup](#), [Gluten-Free Olive and Feta Corn Muffin](#)

Day Six, Friday:

- Breakfast: [Raspberry-Maple Breakfast Quinoa](#)
- Lunch: Leftover Roasted Poblano and Black Bean Soup, Gluten-Free Olive and Feta Corn Muffin
- Snack: [Sweet Spinach and Mango Smoothie](#)
- Dinner: [Soba Noodles with Kale and Slivered Brussels Sprouts](#)

Day Seven, Saturday:

- Brunch: [Brussels Sprout and Sweet Potato Hash](#) (omit the chestnuts)
- Snack: [Apple Quinoa Cake](#)
- Dinner: [Stuffed Peppers with Quinoa, Black Beans, and Chipotle Sauce](#)

Disclaimer: I am not a dietitian, nutritionist, doctor, or medical professional of any sort. I simply wanted to share my personal menu and goals for healthy eating.

Grocery List - Week One

This may seem like a lot of groceries - and it is! You will definitely have leftover ingredients to be put to use in other recipes, but I promise that having all this healthy food in your fridge and pantry will be an inspiration. I've listed the ingredients so that you can follow the recipes exactly, but feel free to combine where it makes sense - e.g. using chorizo in the recipes that call for chorizo or bacon, and buying just feta cheese instead of feta, goat, and cotija. You will use almost all the produce and most of the meat and dairy in this week's plan, but if you think you'll be extending the plan timeline to incorporate more leftovers, it might be safest to freeze the meat products to prevent spoilage.

Produce

- Onions x 5
- Shallot x 1
- Garlic x 2 heads
- Russet potatoes x ½ lb.
- Sweet potatoes x 2
- Beets x 2
- Cilantro x 1 bunch
- Thyme x 1 bunch
- Chives x 1 bunch
- Baby spinach x 1 lb.
- Tuscan kale x 1 bunch
- Brussels sprouts x 2 lb.
- Baby bella mushrooms x 8 oz.
- Avocados x 2
- Poblano chilies x 2
- Red bell peppers x 4
- Pomegranate x 1
- Apples x 2
- Bananas x 3
- Raspberries x One 6-oz. container
- Blackberries x Three 6-oz. containers (or 1 lb. frozen)
- Lemon x 1
- Lime x 1
- Orange x 1
- Blood orange x 1

Grocery

- Diced tomatoes (14.5 oz. can) x 1
- Crushed tomatoes (14.5 oz. can) x 3
- Tomato paste x 1 small can
- Chipotles in adobo sauce x 1 small can
- Dried ancho chilies x 2
- Chicken broth x 4 cups
- Black beans (14.5 oz. can) x 3
- Dried lentils x 1 cup

Grocery, continued

- Millet x 1 cup
- Soba noodles x 8 oz.
- Rice flour
- Panko bread crumbs
- Whole wheat bread x 1 small loaf
- Tahini
- Sesame seeds x ¼ cup
- Pumpkin seeds x ¾ cup
- Sunflower seeds x ¼ cup
- Pecans x 1 ¼ cups
- Whole blanched almonds x ¼ cup
- Dried cherries x ½ cup
- Pitted Kalamata olives x 8 oz.
- Orange juice
- Frozen mango pieces x 1 lb.

Dairy/Meat

- Eggs x 2 dozen
- Greek yogurt x 10 oz.
- Skim milk x ½ gallon
- Butter x 1 lb.
- Goat cheese x 4 oz.
- Crumbled feta cheese x 10 oz.
- Cotija cheese x 4 oz.
- Cheddar cheese x 4 oz.
- Ricotta cheese x ½ c.
- Chorizo x 3 oz.
- Bacon x 6 oz.
- Italian sausage x 8 oz.
- Boneless skinless chicken tenders x ½ lb.
- Ground beef x 1 lb.

Pantry Items

These are the items that I'm assuming you have in your pantry already. Again, if you don't have all the different types of vinegar or spices, feel free to make substitutions.

Oils and Vinegars

- Olive oil
- Sesame oil
- Canola oil
- Sherry vinegar
- Rice vinegar
- Champagne vinegar
- White wine vinegar
- Soy sauce

Spices

- Ras el hanout
- Harissa
- Chili powder
- Ground nutmeg
- Ground ginger
- Ground cinnamon
- Red chile flakes
- Sea salt
- Black pepper

Grain and Baking

- Chocolate chips
- Honey
- Maple syrup
- Brown sugar
- Vanilla
- Baking soda
- Baking powder
- Raisins
- Flour
- Cornmeal
- Oats
- Rice
- Quinoa

Prep Tips

Here are some do-ahead prep activities you can get out of the way whenever you have some free time to make the rest of the meals a little bit easier. I like to do this on Sundays, but if you find yourself with an extra hour Tuesday night and know Wednesday is going to be slammed, do a little extra Tuesday, instead.

- Roast the beets for the roasted beet salad
- Make the almond vinaigrette and the avocado vinaigrette
- Bake the gluten-free feta and olive muffins
- Cook 1 c. of lentils for the veggie burgers
- Cook quinoa or rice to be used in sesame chicken bowl (not more than 2 or 3 days ahead)
- Roast poblanos for the soup
- Bake the blackberry oatmeal for easy breakfasts
- Prepare the snack bags to grab before work