



FALL IN LOVE WITH ORGANICS



ORGANIC MONTH CHALLENGE DINNER RECIPES



**ORGANIC
HEADQUARTERSSM**

100% ORGANIC PRODUCE





Our promise from the Natural Grocers family to yours:
Always Affordable, Always Raising Standards.

Dinner is the time for families to come together, share their day and tell each other about their adventures and dreams. It is also the time when we can make sure that our families enjoy the tastiest and most nutritious meal of the day.

But what does a nutritious meal look like? No matter what diet advice is out there, soon everyone will agree on one thing—that eating more organic vegetables is good4u. Our Fall in Love with Organics menu plan and recipes are a terrific place to start.

So pat yourself on the back for taking the Organic Month Challenge and for being willing to reinvent what our modern, 21st century dinners look like. We think you'll enjoy these delicious, filling-up-on-what's good4u dinners as much as we do. Taste the organic difference, only at your Organic Month Headquarters.



SUNDAY PREP

➤ MAKE THE BELOW ITEMS AHEAD OF TIME ON SUNDAY SO THE REST OF THE WEEK IS A BREEZE!

Cucumber Raita (see *Monday's recipe*)

Yam Maple Vinaigrette (see *Monday's recipe*)

Take Frozen Turkey out of freezer and put in refrigerator to thaw out for Monday's Thai Turkey Burgers

Spicy Pork Tacos in Yam Skin Taco Shells (see *Tuesday's recipe*)

Spicy Yam and Cheddar Bites (see *Tuesday's recipe*)

Grate Cheddar cheese

➤ PREP STEPS:

1. Preheat oven to 350°F.
2. While oven is preheating, and/or the yams are cooking, start to make the filling for the Spicy Pork Tacos in Yam Skin Taco Shells.
3. When oven is ready, cook yams until fork tender, about 45 to 60 minutes.
4. While yams are cooking, make Cucumber Raita.
5. While yams are cooling boil your potatoes for tonight's Smashed Potatoes and make the Apple Cider Vinaigrette for tonight's Kale, Carrot and Apple Salad.
6. Finish making the Spicy Pork Tacos in Yam Skin Taco Shells and make the Yam Maple Vinaigrette which will be the dressing for Monday's Shaved Broccoli Slaw.
7. Make the Spicy Yam and Cheddar Bites to serve on Tuesday night.





SUNDAY

SURF AND TURF QUALITY FAMILY TIME



BUTTER STEAK
WITH SAUTÉED MUSHROOMS & ONIONS

LEMON AND GARLIC SHRIMP

KALE, CARROT AND APPLE SALAD
WITH APPLE CIDER VINAIGRETTE

GARLIC ROASTED BROCCOLI

SMASHED POTATOES (MAKE FIRST)

SMASHED POTATOES

6 small red potatoes
Extra Virgin Olive Oil for drizzling
Butter
Salt to taste

1. Place potatoes in large pot and cover with water.
2. Bring to a boil over medium high heat and cook until fork tender.
3. Drain and cool potatoes. Refrigerate overnight or for at least 2 hours.
4. Preheat oven to 400°F.
5. On a cookie sheet, smash each potato using the back of a spatula.
6. Drizzle generously with olive oil. Use your fingers to rub oil into the top of each potato.
7. Put a pat of butter on each potato, sprinkle with salt, black pepper and other herbs if desired.
8. Bake for 15 minutes, then flip each potato and bake an additional 15 minutes.

■ ■ ■ TIP ■ ■ ■

Try adding garlic or onion granules, thyme, rosemary, or red chili flakes for extra flavor. If red potatoes are not available, Yukon gold are a great alternative.

LEMON AND GARLIC SHRIMP

1 pound frozen wild shrimp
1 lemon
8 tablespoons butter
 $\frac{1}{4}$ bunch fresh Italian parsley, chopped
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon crushed red chili
8 cloves of garlic, divided

1. Preheat the oven to 375°F.
2. Rinse the shrimp and arrange in a single layer on a rimmed baking sheet or dish.
3. Zest the lemon and then cut into quarters. Juice three quarters of the lemon.
4. In a food processor, combine the butter, parsley, salt, red chili, 4 peeled garlic cloves with ends cut off, lemon juice, and lemon zest. Pulse until combined.
5. Sprinkle lemon garlic butter crumbles over the shrimp.
6. Thinly slice the remaining 4 cloves of garlic and sprinkle over the shrimp.
7. Bake for 6-10 minutes, until the shrimp are pink and opaque and the butter is hot and bubbly.
8. Serve shrimp with the butter, lemon and garlic sauce from the cooking pan.

■ ■ ■ TIP ■ ■ ■

Save the remaining $\frac{1}{4}$ lemon to juice for the Garlic Roasted Broccoli.



BUTTER STEAK

with sautéed mushrooms and onions

- 1 12-ounce sirloin steak
- 4 tablespoons butter
- Salt and pepper to taste
- ¼ teaspoon oregano
- 2 tablespoons olive oil
- 6 white button mushrooms, sliced
- ½ large yellow onion, cut into thin rounds

1. Rub each side of the steak with about ½ tablespoon butter.
2. Use a puncture tenderizer to tenderize each side of the steak, about 10 times each side.
3. Season each side of the steak with salt, pepper and oregano.
4. Tenderize each side of the steak again, about 5 times each side.
5. In a large frying pan over medium heat, warm 1½ tablespoons butter and 1 tablespoon olive oil.
6. Add onions and sauté until just beginning to soften, then add mushrooms and sauté until just slightly tender. Pour mushroom and onion mixture into a bowl and set aside.
7. Add 1½ tablespoons butter and 1 tablespoon olive oil to the same frying pan you just used to cook mushrooms and onions and turn up heat to medium-high.
8. Wait until butter and olive oil are hot and then sear the steak for 1-2 minutes on each side.
9. Turn heat to medium-low and add mushrooms and onions on top of the steak. Cover with a lid and let cook until desired level of doneness, 4-5 minutes for medium rare.

GARLIC ROASTED BROCCOLI

- 3 tablespoons olive oil
- 5 cloves of garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 bunch broccoli, florets cut into bite size pieces
- Pinch of red chili flakes
- 1 teaspoon lemon juice

1. Preheat the oven to 400°F and line 2 rimmed baking sheets with parchment paper.
2. In a small bowl mix together oil, garlic, salt, and black pepper.
3. In a large bowl toss the broccoli with the olive oil mixture.
4. Spread the broccoli in a single layer on the lined baking sheets, and roast for 20 minutes.
5. Use a spatula to stir the broccoli and redistribute the oil and spices. Add red chili flakes.
6. Return the baking sheet to the oven and roast for another 10 minutes, or until the broccoli is a deep golden brown and tender.
7. Squeeze lemon juice liberally over the broccoli before serving.



Save the broccoli stems to make the Shaved Broccoli Slaw for Monday night's dinner.

KALE, CARROT AND APPLE SALAD

- 10 cups coarsely chopped lacinato kale, stems removed
- 2 sweet/tart apples, diced
- 3 cups loosely packed coarsely shredded carrots
- 1 cup coarsely shredded radishes
- 1 bunch Italian parsley, coarsely chopped

APPLE CIDER VINAIGRETTE

- 1 shallot clove, chopped
- ¼ cup, plus 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 1½ tablespoons Dijon mustard
- 2 teaspoons pure maple syrup
- ½ teaspoon salt
- Ground pepper to taste

1. Toss kale, apples, carrots, radishes and parsley in a large bowl.
2. Puree shallot, vinegar, oil, mustard, maple syrup, salt and pepper in a blender or mini food processor until smooth and creamy.
3. Portion salad and dressing into three equal amounts.
4. Drizzle one third of dressing over one third of the salad and toss to coat.



This recipe makes enough for dinners on Tuesday and Wednesday nights as well. Put salad leftovers in a glass storage container, cover dressing, and refrigerate. Before serving the salad, bring dressing to room temperature and toss with the salad.





MONDAY

GOURMET BURGER MADNESS



THAI TURKEY BURGERS

COCONUT CURRY BRAISED
CABBAGE AND KALE

STEAMED BEETS AND GREENS

CUCUMBER RAITA

SHAVED BROCCOLI SLAW
WITH YAM MAPLE VINAIGRETTE

THAI TURKEY BURGERS

1 pound ground turkey
 $\frac{1}{2}$ cup shredded carrots
 $\frac{1}{2}$ yellow onion, finely diced
 $\frac{1}{2}$ cup unsweetened and unsalted almond butter
1 egg
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon curry powder
 $\frac{1}{2}$ teaspoon turmeric
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon gram Masala
 $\frac{1}{2}$ tablespoon coconut oil
2-3 tablespoons butter, olive oil or coconut oil, for frying

1. Mix all ingredients except for cooking fat together.
2. Form into 6 medium-sized patties.
3. Heat skillet on medium and add cooking fat of your choice.
4. Add patties and press down to flatten a bit. These will be a bit gooey from the almond butter and easier to flatten once you've flipped them once.
5. Cook around 4 minutes on each side and flip.

— TIP —

Serve these burgers in a romaine lettuce wrap or on pita bread. Top with cucumber raita, diced avocado, chopped Italian parsley, chopped cilantro, and/or sliced tomato.

CUCUMBER RAITA

2 cups plain, full fat Greek yogurt
 $\frac{1}{4}$ cup packed, chopped fresh mint
 $\frac{1}{2}$ bunch fresh cilantro, chopped
1 teaspoon ground cumin
 $\frac{1}{4}$ teaspoon cayenne pepper
2 tablespoons lime juice
2 small cucumbers, peeled, deseeded, and diced
Salt and black pepper to taste

1. Whisk together yogurt, mint, cilantro, cumin, cayenne pepper and lime juice in medium bowl.
2. Add cucumbers and toss to coat.
3. Season raita to taste with salt and pepper.
4. Cover and refrigerate at least 2 hours. Can be prepared 1 day ahead. Keep refrigerated.



COCONUT CURRY BRAISED CABBAGE AND KALE

Butter
2 teaspoons curry powder
1 teaspoon turmeric
1 teaspoon grated fresh ginger
2 cloves garlic, sliced
1 yellow onion, sliced into half rounds
½ head Napa or green cabbage, chopped
1½ cups full fat coconut milk, well-blended
1 large bunch green kale, ribs removed and thinly sliced
1 tart apple, such as Pink Lady, cored, and chopped
Zest of one orange
½ cup freshly squeezed orange juice
¼ bunch fresh cilantro leaves
½ cup flaked coconut, toasted (optional)
Salt and black pepper to taste

1. Heat butter in a large sauté pan over medium heat.
2. Add curry powder, turmeric and ginger. Stir until fragrant.
3. Add garlic and onion and sauté until soft.
4. Add the cabbage and cook until the cabbage is wilted, about 4 minutes.
5. Add the coconut milk, cover, and simmer over low heat, stirring occasionally, until the mixture has thickened, about 8 minutes.
6. Add the kale and apple to the pan, and cook for another 5 minutes.
7. Stir in the orange zest and orange juice, and bring to a simmer, about 3 minutes. Turn heat off.
8. Just before serving, fold in the cilantro leaves and sprinkle with the flaked coconut, if using.

TIP

Reserve ¼ of a cup of the coconut milk to make the Cilantro Pesto dipping sauce for Tuesday's menu. The two recipes should use one 13.55-ounce can coconut milk.

STEAMED BEETS AND GREENS

4–6 beets with greens
2–4 tablespoons butter
Salt and pepper to taste

1. Wash, peel and cut beet root into quarters.
2. Wash and chop beet greens, including the stems.
3. Steam beet roots for about 15 minutes, until easily pierced with a fork.
4. Place into serving dish with 1–2 tablespoons butter, salt and pepper to taste.
5. Steam beet greens for 6–7 minutes, until they are wilted, bright green and the stems are soft.
6. Place steamed beet greens and stems into serving dish with 1–2 tablespoons butter, salt and pepper to taste.

SHAVED BROCCOLI SLAW *with yam maple vinaigrette*

3 broccoli stalks
3 medium carrots
¼ green or Napa cabbage, thinly sliced
2 large button mushrooms, thinly sliced
½ red onion, cut into thin rounds
½ bunch fresh cilantro, chopped

YAM MAPLE VINAIGRETTE

¼ cup mashed yam
¼ cup apple cider vinegar
2 tablespoons maple syrup
1 teaspoon Dijon mustard
1 medium clove garlic, minced
½ teaspoon salt
⅛ teaspoon freshly ground black pepper
½ cup olive oil
1 teaspoon dried oregano
Pinch of red chili flakes
1 tablespoon water

1. Trim a small slice off the base of each broccoli stalk, and trim off the woody skin on the outside of the stalk using a vegetable peeler.
2. Shave the tender inside of the broccoli stalk into long ribbons with a vegetable peeler and place in salad or serving bowl.
3. Peel the carrot into long ribbons in the same fashion, and place with the shaved broccoli. Add cabbage, mushrooms, onion and cilantro and toss to combine.
4. To prepare the vinaigrette, whisk together yam puree, apple cider vinegar, maple syrup, Dijon mustard, garlic, salt and pepper in a medium size bowl.
5. Add olive oil slowly, in a thin stream, whisking continually. It's important to add the oil very slowly or the dressing will separate.
6. Add the oregano and red chili flakes, stir well.
7. If you like your dressing a little thinner, add the water and stir until incorporated.
8. Pour over vegetables and toss to coat.

TIP

Use the broccoli stalks from Sunday's Garlic Roasted Broccoli florets and the leftover yam from the Spicy Pork Tacos in Yam Skin Taco Shells for this recipe.



TUESDAY

TACO TUESDAY



SPICY PORK TACOS
IN YAM SKINS TACO SHELLS

SPICY YAM AND CHEDDAR BITES

ROASTED CAULIFLOWER
WITH CILANTRO PESTO

KALE, CARROT AND APPLE SALAD
WITH APPLE CIDER VINAIGRETTE

SPICY PORK TACO

in yam skin taco shells

- 3 medium to large yams, with more length than width
 - 1 tablespoon butter
 - Olive oil, enough to drizzle
 - 1 pound Beeler's® Hot Pork Sausage chub
 - 1 teaspoon ground cumin
 - ½ yellow onion, diced
 - Pinch of garlic powder
 - 2 teaspoons oregano
 - Salt and black pepper to taste
 - ½ bunch cilantro, minced
 - ½ cup shredded cheddar
1. Preheat oven to 350 °F.
 2. Bake yams for 45–60 minutes, or until fork tender. When done, remove from oven, cut in half and let cool for 5–10 minutes.
 3. While the yams are cooking, melt 1 tablespoon butter in a medium sauté pan, add the onion and cook for 3–4 minutes, or until the onions are translucent.
 4. Add the spices, stir for a minute, and then break the pork chub into bite size pieces as you add it to the pan. Cook until the pork loses all pinkness is and cooked through. Turn off the heat and set aside.
 5. Once the yams have finished cooling, scrape the yam flesh out of the peel, leaving a thin layer inside with the skin so that it can stand up on its own.
 6. Coat yam skins with a drizzle of oil and bake for about 5–10 minutes to get a crispier outside.
 7. Remove from oven and fill each skin with the pork mixture and top with shredded cheddar cheese.
 8. Bake again for 10–15 minutes, or until cheese is melted.



*Top with cucumber raita, diced avocado and chopped cilantro.
Reserve the yam flesh for the Spicy Yam and Cheddar
Bites, and Yam Maple Vinaigrette.*



SPICY YAM AND CHEDDAR BITES

1½–2 cups cooked diced or shredded yam

½ cup shredded cheddar cheese

½ teaspoon cayenne pepper

¼ teaspoon smoked paprika

½ teaspoon cumin

Pinch of oregano

Pinch of garlic powder

Pinch of salt

Black Pepper to taste

2 tablespoons coconut oil, melted

1. Preheat oven to 450 °F.
2. Combine yam, cheddar cheese, and seasonings in a mixing bowl.
3. Use your hands to shape the mixture into bite-sized balls and place on cookie sheet.
4. Brush with melted coconut oil, and bake for 20–25 minutes until golden on top and crispy.



*Serve with cucumber raita and cilantro pesto as dipping sauce.
Use yam flesh left over from the tacos for this recipe.*



ROASTED CAULIFLOWER

with cilantro pesto

1 head cauliflower, trimmed and chopped into bite size pieces

1–2 tablespoons olive oil

1–2 cloves garlic, thinly sliced

Salt and freshly ground black pepper, to taste

CILANTRO PESTO

½ bunch fresh cilantro leaves and tender stems, lightly packed

¼ cup grated cheddar cheese

3 tablespoons olive oil, divided

2 tablespoons canned full-fat coconut milk, plus extra as needed

Salt and freshly ground black pepper to taste

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Place the cauliflower in a mixing bowl, drizzle with olive oil, and sprinkle with the salt, pepper, and garlic. Toss to coat.
3. Arrange cauliflower in a single layer on the baking sheet.
4. Roast for about 20 minutes, tossing once about halfway through, or until browned around the edges and tender.
5. To make the cilantro pesto, place the cilantro, cheddar cheese, and one tablespoon of olive oil in a food processor or blender.
6. Process until well combined, and then add the rest of the olive oil gradually with the motor running.
7. Add the coconut milk, salt and pepper and pulse to combine. Taste and adjust seasonings as desired. Add more coconut milk if necessary for a creamier texture.
8. Drizzle pesto over the cauliflower and serve.



Use the coconut milk left over from Monday's Coconut Curry Braised Kale and Cabbage for this recipe. Reserve some of the pesto to use as a dipping sauce for the Spicy Yam and Cheddar Bites.

WEDNESDAY

EASY BREEZY HUMP DAY



SEARED CHICKEN THIGHS

SAUTÉED BABY BOK CHOY

STEAMED PEAS WITH ONION AND MINT

KALE, CARROT AND APPLE SALAD
WITH APPLE CIDER VINAIGRETTE

SEARED CHICKEN THIGHS

4 bone-in, skin-on chicken thighs
1 teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon herbs de province
Ground black pepper to taste
Zest from one lime
1 tablespoon butter
 $1\frac{1}{2}$ teaspoons olive oil

1. Preheat the oven to 350°F.
2. Pat the chicken thighs dry on both sides with paper towel. Sprinkle the skin side with some of the salt and pepper. Flip and sprinkle the meat side with the rest of the salt, pepper, and the other spices.
3. Place a large cast iron skillet or oven safe pan over medium-high and add the butter and olive oil. Heat until fat is shimmering.
4. Add the chicken thighs, skin side down, leaving some room between so they don't touch.
5. Cover with a lid, and sear skin side down for 5-8 minutes until it releases easily from the pan. The skin should be rendered and crispy.
6. Flip the chicken so the meat side is down.
7. Use a potholder or kitchen towel to move the skillet right into the oven.
8. Roast the chicken in the oven for 20-30 minutes until cooked through and no longer pink.

► TIP ◀

Save the lime to provide lime juice for Thursday's Cucumber and Carrot Salad.



SAUTÉED BABY BOK CHOY

1 tablespoon olive oil
 2 teaspoons minced garlic
 1 shallot clove, minced
 2 teaspoons minced fresh ginger
 ½–1 teaspoon red chili flakes
 4 baby bok choy, halved
 2 tablespoons coconut aminos
 1 tablespoon apple cider vinegar
 Black pepper to taste
 ½ teaspoon toasted sesame oil
 1 teaspoon sesame seeds

1. Heat oil in a large pan over medium heat.
2. Add garlic, shallot, ginger and red chili flakes and sauté 30 seconds.
3. Add bok choy and sauté, turning, until beginning to wilt, about 3 minutes.
4. Add coconut aminos and vinegar and sauté 1–2 more minutes until cut edges begin to brown.
5. Season with black pepper to taste.
6. Serve with a drizzle of toasted sesame oil and sprinkled with sesame seeds.

STEAMED PEAS

with onion and mint

10 ounces frozen green peas
 ½ yellow onion cut into half rounds
 1 green onion, bulb thinly sliced and greens chopped for garnish
 5–6 mint leaves torn into pieces
 1–2 tablespoons butter
 Salt and black pepper to taste

1. Steam peas, onions and mint until peas are bright green.
2. Place in serving dish, mix in butter and season with salt and black pepper to taste. Garnish with chopped green onion tops.



THURSDAY

ASIAN FUSION WITH A SWEET SURPRISE



- EGG FOO YOUNG
- SPICY SESAME ZOODLES
- KOREAN-STYLE ROMAINE
- CUCUMBER AND CARROT SALAD
- KAREN'S COCONUT FUDGE

EGG FOO YOUNG

8 large eggs
 $\frac{1}{4}$ cup finely shredded coconut or gluten free flour of your choice
1 teaspoon fish sauce
 $\frac{1}{2}$ teaspoon apple cider vinegar
1 8-ounce Niman Ranch® Ham steak, diced
1 cup spiralized zucchini, cut into 2-3 inch pieces
 $\frac{1}{2}$ stalk celery, thinly sliced
 $\frac{1}{4}$ head cabbage, thinly sliced,
1 mushroom, thinly sliced
4 green onions, trimmed and chopped
1 tablespoon minced fresh cilantro
 $\frac{1}{2}$ teaspoon baking soda
Freshly ground black pepper
Butter

1. In a large bowl, whisk together the eggs, coconut or gluten-free flour of choice, fish sauce and apple cider vinegar until smooth and lump-free.
2. Stir in the ham, vegetables and baking soda and season with pepper to taste.
3. In a large skillet or griddle, heat a tablespoon of butter over medium heat until shimmering.
4. Scoop a quarter cup of batter onto the skillet and flatten with the back of a spoon until it's $\frac{1}{2}$ inch in height. Let it cook undisturbed for 3 minutes, until golden brown.
5. Using a spatula, carefully flip over the egg foo young and fry for another 2-3 minutes or until cooked through.
6. Transfer the patty to a wire rack and repeat with remaining ingredients.



Serve on top of Spicy Sesame Zoodles with sriracha for extra spice.

SPICY SESAME ZOODLES

½ cup soy sauce, tamari or coconut aminos
2 tablespoons freshly grated ginger
2 cloves garlic, minced
1–2 teaspoons red chili flakes, or to taste
2 tablespoons sesame or olive oil
2 tablespoons honey or maple syrup
3 medium-sized zucchini
4 tablespoons sesame seeds (optional)
 Red chili flakes, minced chives or cilantro for garnish
 Olive oil or butter

1. In a small sauce pan, combine the soy sauce, tamari or coconut aminos, ginger, garlic, red chili flakes, sesame oil, and honey. Bring to a simmer over low heat, stirring occasionally to help the honey dissolve. Simmer until needed. The sauce will reduce a bit, and the flavors of the garlic, ginger and chili will infuse into the sauce.
2. While sauce is simmering, spiralize the zucchini.
3. Place a skillet over medium-high heat, add in some olive oil or butter.
4. Once the skillet is hot enough to sizzle water, add in the zucchini noodles. Toss the zucchini noodles lightly with pasta tongs so all zucchini noodles hit the bottom of the hot skillet and cook through. Cook for 5–7 minutes or until al dente. Remove from heat.
5. Whisk sauce and pour over the zucchini noodles. Add the sesame seeds, and toss everything gently to coat.
6. Garnish with red chili flakes and cilantro.

KOREAN-STYLE ROMAINE

1 head of romaine lettuce
1 teaspoon chopped garlic
½ teaspoon grated peeled ginger
¼–½ teaspoon chili flakes
1 tablespoon toasted sesame oil
1 tablespoon coconut aminos
2 teaspoons water
1 teaspoon sesame seeds

1. Cut romaine crosswise into 2-inch pieces and put in a bowl.
2. In a small heavy skillet over medium-low heat cook garlic, ginger, and chili flakes in sesame oil, stirring, until garlic begins to sizzle, about 30 seconds.
3. Stir in coconut aminos and water and bring to a boil.
4. Pour hot dressing over romaine and toss to coat.
5. Sprinkle with sesame seeds.
6. Allow to rest for 30 minutes prior to serving.

CUCUMBER AND CARROT SALAD

2 tablespoons olive oil
2 tablespoons white wine vinegar or apple cider vinegar
1 lime, juiced
 Freshly ground black pepper
1 cucumber, peeled and spiralized
3 carrots, peeled and spiralized
1 green onion, thinly sliced
1 tablespoon sesame seeds

1. In a bowl, whisk the olive oil, vinegar, lime juice, and season with freshly ground black pepper to taste.
2. In a salad bowl, combine the cucumbers, carrots, and green onion.
3. Pour the dressing on top, and toss gently.
4. Drizzle with sesame seeds before serving.

TIP

Use the lime from Wednesday's Seared Chicken Thighs for this recipe.

KAREN'S COCONUT FUDGE

6 tablespoons coconut oil, softened
1 cup almond butter, room temperature
2 packets stevia
1 tablespoons cinnamon
½ cup shredded coconut, unsweetened
3 tablespoons cocoa powder

1. In a medium bowl, mix coconut oil and almond butter. Stir in the rest of the ingredients and mix until well combined. The batter will be sticky, and kind of clumpy.
2. Spread into an 8 x 8 glass baking dish lined with parchment paper.
3. Refrigerate until solid.

TIP

Best kept in the refrigerator.



SOURCES

SMASHED POTATOES

Adapted from eatbeautiful.net
by Megan Stevens

KALE, CARROT AND APPLE SALAD

Adapted from eatingwell.com
by Mary Cleaver

GARLIC ROASTED BROCCOLI

Adapted from paleogrubs.com
by Rebecca Bohl

THAI TURKEY BURGERS

Adapted from lifeasaplate.com

SHAVED BROCCOLI SLAW WITH YAM MAPLE VINAIGRETTE

Adapted from lifecurrents.dw2.net
by Debi Wayland

PUMPKIN MAPLE VINAIGRETTE

Adapted from thecafesucrefarine.com
by Chris Scheuer

SPICY YAM AND CHEDDAR BITES

Adapted from forageddish.com
by Caitlin Sherwood

ROASTED CAULIFLOWER WITH CILANTRO PESTO

Adapted from acalculatedwhisk.com
by Becky

SEARED CHICKEN THIGHS

Adapted from stupideasypaleo.com
by Steph Gaudreau

EGG FOO YOUNG

Adapted from nomnompaleo.com
by Michelle Tam

SPICY SESAME ZOODLES

Adapted from forageddish.com
by Caitlin Sherwood



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PRODUCE

- 3 Apples, tart variety
- 2 Beets with tops (bunch)
- 4 Baby Bok Choy
- 1 Broccoli
- 1 Cabbage, green or Napa
- 1 Carrots, 2lb. Bag
- 1 Cauliflower
- 3 Celery (Stalks)
- 1 Radishes (bunch)
- 3 Cilantro
- 3 Cucumber
- 2 Garlic
- 1 Ginger
- 1 Green Onions (bunch)
- 1 Kale, green
- 2 Kale, lacinato
- 1 Lemon
- 2 Lime
- 1 Mint
- 10 Button Mushrooms
- 1 Red onion
- 3 Yellow onion
- 1 Valencia orange
- 1 Italian Parsley
- 6 Potatoes, small red or Yukon Gold
- 1 Romaine Lettuce
- 1 Shallot, small
- 3 Yams
- 4 Zucchini

GROCERY

- 1 13.55 oz can of Coconut milk, full fat

MEAT, DAIRY, EGGS

- 1 7 oz Cheddar Cheese, Old Croc
- 1 Mary's Chicken Thighs, GMO free
- 1 Eggs, Farmers Hen House Free Range
- 1 8 oz Ham Steak, Niman
- 1 Pound, Shrimp, Sea Joy Peeled and Deveined
- 1 12 oz Sirloin Steak, Crystal River 100% Grass Fed
- 1 16 oz Greek Yogurt, Maple Hill, full fat

FROZEN

- 1 10 oz Green Peas, Wood Stock Farms Organic
- 1 Pound, Pork Sausage, Beelers
- 1 Pound, Ground Turkey, Sheltons

OPTIONAL

- 1 Pita Bread
- 1 Tomato

