

Menu Plan: Low-Carb Fall/Winter #4		
Day	Recipe	Notes/Prep
Sunday	Steak-Inspired Slow-Cooked Beef , fingerling potatoes (or mashed potatoes), salad/mixed vegetables	1. Don't forget this is a slow cooker recipe! 2. Prep all salad greens, if necessary
Monday	Quick & Easy Pizza Soup	
Tuesday	Marinated Chicken & Clementine Salsa Skewers , green salad	1. Throw the other half of the chicken on the grill/broiler. Chop/shred it and reserve for Mulligatawny
Wednesday	Leftover Beef with Poblanos & Butternut Squash , rice/quinoa	1. Don't forget this is a slow cooker recipe! 2. Make extra quinoa/rice and reserve 2 cups for the Mulligatawny
Thursday	Mulligatawny	
Friday	Creamy Dill Fish , Crispy Roasted Brussels Sprouts (or Parm Roasted Broccoli), rice/quinoa	1. You can prep the fish in the foil packets in the morning! 2. Using a shredding attachment to a food processor makes shredding the sprouts so much faster. You can also quarter them.
Saturday	Huevos Rancheros in Tortilla Cups , green salad/mixed vegetables	

Shopping List: Low-Carb Fall/Winter #4

Produce	Other	Pantry
salad greens or mixed vegetables for 3 meals, 1 bunch greens (kale or chard)	1.5 - 2 pounds beef roast	spices/herbs: crushed red pepper flakes, dried dill, oregano, garlic powder, ground coriander, turmeric, chili powder, cumin, cayenne, parsley, ground cloves, curry powder, nutmeg
fresh garlic, fresh cilantro (fresh dill and parsley, optional)	1 pound wild-caught Dover sole (or other thin white fish, like tilapia)	1/2 cup beef broth, 3 quart chicken broth
5 lemons, 7-8 clementine oranges	1 1/2 - 2 cups pizza sauce	soy sauce, hot sauce, mayonnaise
2 pounds fingerling potatoes (or 8-10 Yukon + buttermilk & parsley for mashed)	2 ounces pepperoni, cooked sausage, or diced ham (for pizza soup)	coconut oil, olive oil, grapeseed oil, butter
1 large head broccoli (or 1 pound Brussels sprouts)	Parmesan cheese, other shredded cheese	bread crumbs (for broccoli), flour, quinoa/rice
celery, 3 carrots (or 1 cup frozen carrot-pea mixture to replace one carrot)	3 pounds boneless, skinless, chicken breasts or thighs	1 can pinto/black beans
1 small butternut squash	plain, whole-milk yogurt (Greek is fine)	6 eggs
2-3 medium tomatoes (or 1 can diced)	corn tortillas	
1 serrano or jalapeno chile, 3 poblano peppers, 1 green bell pepper	pico de gallo or salsa	
1 English cucumber	1 cup heavy cream or coconut milk (for soup)	
1 bunch green onions, 2 small yellow onions		

