

28-Day Refresh // Shopping List // Week 4

The left side of the page lists everything you need to prepare the 4 dinner recipes provided (double the amounts if you want to make 4 portions). Check your pantry and scratch off what you already have on hand. On the right side of the page, fill in the other items you'd like to pick up.

Produce

¼ lb brussels sprouts
1 bunch lacinato kale
1 head romaine
2 cups arugula
½ lb spinach
2 tbsp dill
2 sprigs rosemary
1 handful cherry tomatoes
1 tomato
½ cup cucumber
1 red onion
5 cloves garlic
3 lemons

Grocery

red wine vinegar
olive oil
1 tbsp tahini
1 tsp Dijon mustard
¼ cup chicken stock
1 tbsp capers
6 kalamata olives
4 oz gluten-free pasta
1 cup chickpea flour
½ tsp cumin
1 tsp paprika
½ tsp red pepper flakes
1 tbsp slivered almonds
2 tbsp raisins

Refrigerated

2 thin chicken breast cutlets
½ lb ground lamb (or beef, or turkey)
2 tilapia fillets
2 tbsp pecorino or parmesan
2 tbsp feta
¼ cup goat cheese
1 tbsp butter
1 tbsp + ½ cup whole milk yogurt, plain
¼ cup pesto (store bought or homemade)

Chicken, Kale & Brussels Sprout Salad with Yogurt-Tahini Dressing

Serves 2

Prep Time: 20 minutes

A satisfying and quick weeknight dinner. Plan ahead by doubling the amount of chicken and dressing here, reserving to make a creamy chicken salad the next day.

Shopping List:

Produce

¼ lb brussels sprouts

1 bunch lacinato kale

½ lemon

Grocery

olive oil

1 tbsp tahini

1 tsp Dijon mustard

1 tbsp slivered almonds

2 tbsp raisins

Refrigerated

2 thin chicken breast cutlets

2 tbsp pecorino or parmesan

1 tbsp plain yogurt, whole

Recipe:

¼ lb brussels sprouts

1 bunch lacinato kale

2 tbsp coarsely grated pecorino or parmesan

olive oil

2 thin chicken breast cutlets

½ lemon, juiced

1 tbsp tahini

1 tbsp plain yogurt, whole milk

1 tsp dijon mustard

1 tbsp slivered almonds, toasted

2 tbsp raisins

1. Wash and dry kale and brussels sprouts. Remove the tough stems from the kale, and thinly slice leaves crosswise. (Slice as much as you think you'll need for the salad. Depending on the size of the bunch, you may only need ½ or ¾ of the bunch.)
2. Trim off the end of the brussels sprouts, and thinly slice crosswise.
3. Season chicken with salt & pepper. Heat a small amount of oil in a nonstick skillet over medium heat. When oil is hot, add chicken and cook about 5 minutes per side, or until cooked through. Slice into bite sized pieces.
4. While the chicken is cooking, make the dressing. Combine the lemon juice, tahini, yogurt, and dijon, with 1 tablespoon each of olive oil and water. Whisk to combine, then season with salt & pepper.
5. In a salad bowl, combine kale, brussels sprouts, toasted almonds, pecorino, chicken, and raisins. Toss with the dressing (use as much as you'd like), divide between plates, and enjoy!

Cooks Tips:

- Make a large batch of dressing and use it throughout the week. Combine 1 tbsp dijon mustard with ¼ cup each: lemon juice, tahini, yogurt, olive oil, and water. Season with salt & pepper to taste.
- Feel free to swap almonds and raisins for any nut and dried fruit.

Tilapia Piccata. Sautéed Spinach. Gluten-Free

Serves 2

Prep Time: 20 minutes

Pasta

A light & easy weeknight meal that is sure to be a WINNER!

Shopping List:

Produce

½ lb spinach

1 lemon

garlic

Grocery

olive oil

¼ cup chicken stock

1 tbsp capers

4 oz gluten-free pasta

Refrigerated

2 tilapia fillets

1 tbsp butter

Recipe:

2 tilapia fillets

¼ cup chicken stock

¼ cup lemon juice

1 tbsp capers

1 tbsp butter

1 clove garlic, thinly sliced

½ lb spinach

4 oz gluten-free pasta

1. Bring a large saucepan of water to boil. Cook pasta according to package directions.
2. Meanwhile, season fish with salt & pepper. Heat a small amount of oil in a nonstick skillet over med-high heat. Add fish and cook about 3-4 minutes per side, until fish flakes easily.
3. Transfer fish to a plate and add chicken stock, lemon juice, and capers to the skillet. Bring to a boil, then reduce heat and simmer for 2-3 minutes. Add butter and stir to combine.
4. Return fish to skillet and gently turn to coat with sauce. Remove from heat and cover to keep warm.
5. Heat a small amount of oil in a second skillet over med-high heat. When oil is hot, sauté garlic for 30 seconds or so, then add spinach and cook quickly until just wilted. Season with salt & pepper.
6. Divide pasta between plates and top with fish and sauce. Enjoy the spinach on the side.

Cooks Tips:

- If Tilapia isn't your favorite fish, substitute another mild fish, or try thin chicken or turkey cutlets.
- If you aren't feeling the gluten-free pasta, try a whole grain like brown rice or quinoa as a base for this dish.

Mediterranean Lamb Patties. Tzatziki. Greek

Serves 2

Prep Time: 30-35 minutes

Salad.

There's so much flavor in this meal, you won't miss the pita! (Well...you might, but you can have that after the 28-Day Refresh.)

Shopping List:

Produce

1 head romaine
1 handful cherry tomatoes
½ cup cucumber
¼ red onion
2 tbsp dill
2 cloves garlic
½ lemon

Grocery

olive oil
red wine vinegar
6 kalamata olives
½ tsp cumin
1 tsp paprika
¼-½ tsp red pepper flakes

Refrigerated

½ lb ground lamb
½ cup whole milk yogurt
2 tbsp feta

Recipe:

1 head romaine, cut or torn into bite size pieces
1 handful cherry tomatoes, sliced in half
½ cup cucumber, chopped (divided)
¼ red onion, thinly sliced
2 tbsp dill, roughly chopped
2 cloves garlic, minced (divided)
½ lemon
olive oil
red wine vinegar
½ cup whole milk yogurt
2 tbsp feta, crumbled
6 kalamata olives, roughly chopped
½ tsp cumin
1 tsp paprika
½ tsp red pepper flakes
½ lb ground lamb

1. Combine half of the cucumber in a bowl with the yogurt, dill, and half of the chopped garlic. Squeeze in the juice of the lemon and season with salt & pepper. Place in fridge while you prepare the rest of the meal.
2. In a mixing bowl, combine the lamb with the cumin, paprika, red pepper flakes (to taste), remaining garlic, and a glug of olive oil. Season with salt and pepper and form into 6 small patties. Set aside.
3. Combine lettuce, olives, tomatoes, onion and feta in a salad bowl.
4. Heat a small amount of oil in a skillet over medium heat. When oil is hot, add lamb patties and cook 3-5 minutes per side, or until done to your liking.
5. Dress your salad by drizzling with a little olive oil and red wine vinegar. Season with salt and pepper and toss to combine.
6. Serve the lamb patties topped with a dollop of tzatziki, and the salad on the side.

Cooks Tips:

- If lamb isn't your thing, feel free to use ground beef or turkey instead.
- Tzatziki is a great dip to keep in your fridge as a snack with veggies. Try doubling or tripling this recipe to have extra for tomorrow!

Rosemary Socca Flatbread with Goat Cheese &

Serves 2

Lemony Arugula

Prep Time: 25-30 minutes

Socca is a savory pancake made from chickpea flour that's traditionally sold as street food in Nice, France. Here we take it a step further and use it as the base of a pizza.

Shopping List:

Produce

- 2 sprigs rosemary
- 2 cloves garlic
- ¼ red onion
- 1 tomato
- 2 cups arugula
- ½ lemon

Grocery

- 1 cup chickpea flour
- olive oil

Refrigerated

- ¼ cup goat cheese
- ¼ cup pesto (store bought or homemade)

Recipe:

- 2 sprigs rosemary, leaves removed and roughly chopped
- 2 cloves garlic, minced
- ¼ red onion, thinly sliced
- 1 tomato, thinly sliced
- 2 cups arugula
- ½ lemon, juiced
- 1 cup chickpea flour
- olive oil
- ¼ cup goat cheese
- ¼ cup pesto (store bought or homemade)

1. Whisk together chickpea flour, 1 cup water, 1 tsp salt, and 1 tsp pepper until free of any clumps of flour. Stir in 1 tbsp olive oil, rosemary, and garlic. Cover with a kitchen towel and let sit on the counter while you let the oven preheat.
2. In a cold oven, place a medium cast iron or oven-safe nonstick skillet and preheat to 450.
3. When oven is hot, carefully remove skillet and add 2 tbsp oil, swirling it in the pan to completely cover the bottom. Place back in the oven for a minute or so to heat oil.
4. Remove from oven again and add socca batter (be careful here, as it may spatter). Bake for 15-20 minutes, or until center and edges are brown and the sides are pulling away from the pan.
5. Meanwhile, toss arugula with the juice of the lemon, salt & pepper, and a drizzle of olive oil.
6. Remove socca from oven and switch to broil. Top with pesto, tomato, onion, and crumbled goat cheese. Broil for a few minutes until the cheese starts to brown.
7. Let the socca cool in the pan for a few minutes, then cut into wedges and top with lemony arugula.

Cooks Tips:

- We went with goat cheese and arugula, but experiment with your own toppings. Any pizza toppings would be great.
- This is also a fantastic dish to make as an appetizer for company. Since it's gluten-free and can be vegetarian or vegan, it's easy to modify it to accommodate food preferences.