



EASY, HEALTHY

VALENTINE'S DAY MENU

One quick shopping trip. One delicious meal.

DRINK

MULLED CHERRY JUICE MOCKTAIL

DINNER

SHAVED BRUSSELS SPROUTS SALAD

ROASTED CHICKEN AND
SWEET POTATO HASH

DESSERT

AVOCADO
CHOCOLATE MOUSSE



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A Program of
 TSET

GROCERY LIST

FOR THE MEAL

Check your pantry and mark the items you already have off the list. Add any additional items you'll need for the week.

VEGETABLES

- 1 onion
- 1 small shallot
- 2 cloves garlic
- 1-inch piece of fresh ginger
- 4 red potatoes
- 2 large sweet potatoes
- 3 carrots
- 1 pound shaved Brussels sprouts
- 2 large avocados
- _____
- _____

FRUIT

- 2 small oranges
- 1/2 lemon
- 2 cups fresh or frozen berries
- 1/3 cup dried cranberries
- 1 32-oz. carton of sour cherry juice
- _____

PROTEIN

- 1 whole chicken

DAIRY

- 1/3 cup plant-based milk of choice
- 3/4 cup heavy cream

SPICES

- 8 stalks thyme
- 4 tsp. parsley
- 1 Tbsp. sage
- Salt
- Pepper
- 1 or 2 cinnamon sticks
- 1 star anise (or 1/2 tsp. allspice)
- 2 or 3 cloves
- 2 tsps. vanilla extract
- 1/2 cup unsweetened cocoa powder

MISC.

- 1 1/2 Tbsp. flour
- 1/3-1/2 cup coconut sugar or another natural sweetener
- 1/2 Tbsp. honey
- 1/4 cup apple cider vinegar
- 2/3 cup olive oil
- 2 tsps. ground mustard
- 1/2 cup toasted chopped walnuts (optional)
- Bakers Twine

ABBREVIATIONS

oz. — ounce
Tbsp. — Tablespoon
tsp. — teaspoon

OPTIONAL HEALTHY SNACKS

- Apples
- Bananas
- Carrots
- Celery
- Hummus
- Nuts

DRINK

MULLED CHERRY JUICE MOCKTAIL

INGREDIENTS

- 1 32-oz. carton of sour cherry juice
- 1 small orange, sliced
- 1-inch piece of fresh ginger, finely chopped
- 1 or 2 cinnamon sticks
- 1 star anise (or 1/2 tsp. allspice)
- 2 or 3 cloves
- Orange slices for garnish



INSTRUCTIONS

1. Place the orange and spices into a saucepan with sour cherry juice.
2. Place over high heat and bring to a boil. Reduce heat to a simmer and cook partially covered for about 20 minutes. Remove from heat.
3. Ladle the mulled juice into a tea or coffee cup and garnish with an orange slice.

Makes

4

Prep &
Cook Time

25 min.

Difficulty



QUICK TIP

If the floating spices keep getting in your cup, use a slotted spoon to remove the spices before serving.



SHAVED BRUSSELS SPROUTS SALAD

INGREDIENTS

- 1 small shallot, very finely minced
- 1/4 cup apple cider vinegar
- 2 tsps. ground mustard
- 1/4 tsp. kosher salt
- Pinch of ground black pepper
- 1/2 Tbsp. honey
- 1/3 cup olive oil
- 1 pound shaved Brussels sprouts
- 1/3 cup dried cranberries
- 1/2 cup chopped, toasted walnuts (optional)



Makes

4

Prep &
Cook Time

25 min

Difficulty



INSTRUCTIONS

1. In a large mixing bowl, whisk together all ingredients except sprouts, cranberries, and walnuts (if using).
2. Fold in remaining ingredients. Taste for seasoning. Add a bit more mustard, acid, or salt as needed for taste.
3. For best flavor, allow to sit 20 minutes before serving.

MAKE IT YOUR OWN

Try experimenting with different types of vinegar or substitute garlic for shallot.

No Brussels sprouts on hand? Try different types of cabbage instead!



ROASTED CHICKEN AND SWEET POTATO HASH

INGREDIENTS

- 1 whole chicken, thawed
- 4 tsps. parsley
- 1 Tbsp. sage
- 8 stalks thyme
- 4 Tbsps. olive oil
- Salt
- Pepper
- 1 onion, cut into large pieces
- 1/2 lemon
- 2 cloves garlic
- 4 red potatoes, large diced
- 2 large sweet potatoes, peeled and large diced
- 3 carrots, peeled and large diced
- 1 1/2 Tbsps. flour
- 3/4 cup heavy cream



Makes

4

Prep &
Cook Time

80 min

Difficulty



INSTRUCTIONS

1. Preheat oven to 350°F.
2. Finely chop 1 Tbsp. parsley, sage and 2 stalks thyme and place in a medium bowl with 3 Tbsp. olive oil, 1 Tbsp. salt and 1 Tbsp. pepper.
3. Thoroughly rub mixture under chicken skin and rub remaining mixture on outside of skin. To get under the skin, lift skin at neck.
4. Stuff the chicken with onion, lemon, 2 stalks thyme and garlic cloves.
5. With baker's twine, securely tie the legs of the chicken, wrapping around the body and under wings to keep chicken closed while baking (see video on our YouTube channel for visual aid).
6. Bake for 1 hour, until meat thermometer placed near chicken leg reads 165°F. Make sure thermometer doesn't touch any bone.
7. Meanwhile, place red potatoes in salted boiling water for 3-4 minutes. Then, add sweet potato and carrots. Boil for an additional 7 minutes.
8. Add 1 Tbsp. olive oil to a medium-high heated skillet. Add remaining cooked vegetables, 2 stalks of thyme, 2 Tbsp. chopped parsley and remaining half onion, chopped. Cook for 3 mins.
9. Transfer juices from cooked chicken into medium-high heated skillet, with flour, 2 stalks thyme, heavy cream and onion from chicken, diced. Whisk until thick and season with salt and pepper to taste.
10. Serve chicken and veggies topped with gravy and remaining chopped parsley.

DESSERT

AVOCADO CHOCOLATE MOUSSE

INGREDIENTS

- 2 large avocados, halved and pitted
- 1/2 cup unsweetened cocoa powder
- 1/3-1/2 cup coconut sugar or another natural sweetener
- 1/3 cup plant-based milk of choice
- 2 tsps. vanilla extract
- 2 cups fresh or frozen berries



Makes

4

Prep &
Cook Time
35 min

Difficulty



INSTRUCTIONS

1. Blend avocados, cocoa powder, sugar, milk and vanilla in a blender or food processor until smooth.
2. Refrigerate until chilled, about 30 minutes. Divide pudding into 4 bowls and top with 1/2 cup berries each.

QUICK TIP

Use stevia instead of coconut sugar.
Dust with cinnamon before serving.

