

# Heart Healthy for Valentine's Day

## Grocery list

### Skirt Steak:

- 1 pound skirt steak
- 2/3 cup olive oil
- 1/4 cup fresh orange juice
- 1/3 cup fresh lime juice
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 3 tablespoons apple cider or red wine vinegar
- 4 minced garlic cloves
- Salt and pepper to taste

### Chimichurri sauce:

- 1 cup fresh parsley
- 1 cup fresh cilantro
- 1/4-1/3 cup olive oil
- 1/2 medium onion diced
- 3 garlic cloves
- 3 tablespoons fresh lime juice
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Optional: 1/4 teaspoon red pepper flakes

### Shrimp

- 1 lb of shrimp
- 1/2 c olive oil
- 4 minced garlic cloves
- 1/4 cup parsley
- 1 teaspoon red pepper flakes

### Stuffed mushrooms

- 1 lb baby mushrooms
- 2 T olive oil
- 1 T minced garlic
- 1/4 c grated parmesan
- 4 ounces of softened cream cheese
- 2 T fresh parsley
- 1 T fresh thyme

## Roasted cauliflower

- 1 head of cauliflower, cut into florets
- 1 medium onion, sliced
- 4 sprigs of thyme
- 4 garlic cloves
- 3 T olive oil
- 1/2 cup grated parmesan

## Chia seed pudding

- 1/4 c chia seeds
- 1 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 T cocoa powder
- 2 teaspoons of sweetener of choice (I'll use stevia)
- Fresh or frozen raspberries

A lot of these recipes use the same ingredients so here's a full list:

Produce/meat/dairy:

- 1 lb skirt steak
- 1 lb de-veined shrimp
- 1 orange
- 4 limes
- 2 onions
- 1 lb baby mushrooms
- 1 head of cauliflower
- 1 cup of fresh or frozen raspberries
- 12-15 garlic cloves
- 2 cups fresh parsley
- 2 cups fresh cilantro
- Fresh thyme
- 1 cup parmesan cheese
- 4 ounces cream cheese
- Unsweetened almond milk

Dry ingredients:

- Soy sauce
- Worcestershire sauce
- Red wine vinegar
- Olive oil
- Salt and pepper
- Red pepper flakes
- Chia seeds
- Cocoa powder
- Vanilla extract
- Stevia or maple syrup