



## Hot Summer Nights: Dinners on the Grill

It's so hot.







If you're like us, you don't want to be in the kitchen. But if you've got a BBQ, now's the best time to head outside and grill your dinners.

How very ancestral of you!

It's best to grab a cool drink on your way, so make sure to mix yourself a virgin Classic Mojito each night before you head outdoors.

Turn on some music, throw an apron over your swimsuit, and tell the kids to come play in the pool or in the sprinklers.

Dinner will be ready in 30 minutes! Enjoy :)

	Mon	Tue	Wed
Dinner	 Citrus & Herb Grilled Steak	 Grilled Bruschetta Chicken	 BBQ Pork with Peach Salsa
	 Grilled Fruit Medley	 Grilled Foil-Pack Potatoes	 Classic Virgin Mojito

### Fruits

- 1 1/2 cups Blueberries
- 1/2 Lemon
- 2 Lime
- 3 tbsps Lime Juice
- 1 1/2 Nectarine
- 4 Peach
- 3 cups Pineapple
- 1 1/2 cups Strawberries

### Breakfast

- 3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 0 Sea Salt & Black Pepper

### Vegetables

- 6 cups Baby Spinach
- 1/3 cup Basil Leaves
- 1 1/3 cups Cilantro
- 6 Garlic
- 6 cups Mini Potatoes
- 3/4 cup Mint Leaves
- 1 1/4 cups Red Onion
- 6 1/2 Tomato

### Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 2 lbs Pork Tenderloin
- 1 lb Skirt Steak

### Condiments & Oils

- 1 1/2 tbsps Balsamic Vinegar
- 1 cup Barbecue Sauce
- 1/2 cup Extra Virgin Olive Oil

### Cold

- 1/4 cup Orange Juice

### Other

- 18 Barbecue Skewers
- 22 1/2 Ice Cubes
- 2 quarts Soda Water



## Citrus & Herb Grilled Steak

4 servings

1 hour 10 minutes

### Ingredients

- 1 lb Skirt Steak
- 1 1/2 Lime (juiced, zested)
- 1/4 cup Orange Juice
- 1/4 cup Extra Virgin Olive Oil
- 3 Garlic (cloves, smashed and roughly chopped)
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Cilantro (roughly chopped)

### Directions

- 1 Place the steak inside a large resealable freezer bag or large dish. Add the lime juice and zest, orange juice, oil, garlic, cumin, and oregano. Ensure the steak is well covered. Let it sit in the fridge for up to one hour.
- 2 Heat your grill to medium-high heat.
- 3 Once the grill is hot, remove the steak from the marinade and pat dry, reserving the marinade. Season the steak with salt and pepper and then place it on the grill and cook for seven to nine minutes, depending on thickness and desired doneness. Remove and let rest for 10 minutes.
- 4 Meanwhile, in a small saucepan over medium heat, add the leftover marinade. Bring to a boil and then reduce to a simmer for about five minutes, stirring occasionally, until slightly thickened.
- 5 Slice the steak against the grain and divide onto plates. Drizzle the orange marinade over top. Garnish with cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add chili flakes, smoked paprika, or chili powder to the marinade.

**Additional Toppings:** Add chopped roasted peanuts on top of the steak when serving.

**No Grill:** Cook on a cast iron pan over medium-high heat until cooked to your liking.

**No Skirt Steak:** Use flank steak instead.



## Grilled Fruit Medley

6 servings

10 minutes

### Ingredients

3 cups Pineapple (diced and cored)  
1 1/2 cups Strawberries (halved and stems removed)  
1 1/2 Nectarine (sliced and pit removed)  
18 Barbecue Skewers  
1 1/2 cups Blueberries  
1/3 Lime (juiced)

### Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

### Notes

**Other Grilled Fruit Ideas:** Use watermelon, peach, apricot, cantaloupe, or mango.

**No Grill:** Use a grill pan on the stovetop instead, or broil in the oven.

**Serve it With:** Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

**Serve it as a Salad:** Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

**Storage:** This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



## Grilled Bruschetta Chicken

6 servings

30 minutes

### Ingredients

1 1/2 lbs Chicken Breast  
Sea Salt & Black Pepper (to taste)  
4 1/2 Tomato (medium, diced)  
3/4 cup Red Onion (finely diced)  
3 Garlic (cloves, minced)  
1/3 cup Basil Leaves (chopped)  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Balsamic Vinegar

### Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

### Notes

**Serve it With:** Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

**Cheese Lover:** Sprinkle with feta, goat cheese or shredded mozzarella before serving.

**No Grill:** Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.



## Grilled Foil-Pack Potatoes

6 servings

25 minutes

### Ingredients

6 cups Mini Potatoes (halved)  
3 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat your grill to medium-high heat.
- 2 Place the potatoes in a bowl and drizzle with oil, salt, and pepper. Toss to coat the potatoes.
- 3 Transfer the potatoes onto a large piece of heavy duty aluminum foil. Place another piece of foil on top and fold the sides in to create a foil pack. Pierce the top of the foil with a fork a few times.
- 4 Place the foil pack on the grill for about 20 minutes with the lid closed. Cook until the potatoes are tender and cooked through. Remove and divide onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about one cup of potatoes.

**More Flavor:** Add additional spices such as garlic or onion powder, or make them spicy with cajun seasoning or cayenne.

**Like them Crispy:** After the potatoes have cooked through, char them cut side down for a few minutes on the grill over medium-high heat.





## BBQ Pork with Peach Salsa

6 servings

4 hours

### Ingredients

2 lbs Pork Tenderloin  
 1 cup Barbecue Sauce  
 4 Peach (pitted and diced)  
 1/2 cup Red Onion (finely diced)  
 2 Tomato (diced)  
 1/2 Lemon (juiced)  
 1 cup Cilantro (chopped)  
 Sea Salt & Black Pepper (to taste)  
 6 cups Baby Spinach

### Directions

- 1 Place the pork and barbecue sauce in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 2 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 3 When ready to cook, preheat grill on medium heat.
- 4 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 5 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 6 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

### Notes

**No BBQ:** Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

**Make it Spicy:** Add chopped jalapeno pepper or cayenne pepper to the salsa.

**Chinese BBQ Pork:** Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.



## Classic Virgin Mojito

6 servings

10 minutes

### Ingredients

3 tbsps Maple Syrup  
3/4 cup Mint Leaves  
22 1/2 Ice Cubes  
3 tbsps Lime Juice  
2 quarts Soda Water

### Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

### Notes

**Leftovers:** Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**More Flavor:** Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.