



Paleo & Gluten Free
Meal Plans

February Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup
2. Meal 2: Honey BBQ Chicken w/ Coleslaw & Purple Potatoes
3. Meal 3: Chicken Chopped Salad w/ Artichokes, Tomatoes & Feta
4. Meal 4: Crock Pot Lamb & Root Veggie
5. Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese
6. Breakfast: Almond Butter & Cherry Breakfast Cookies
7. Snack: Cucumber Slices w/ Southwestern Hummus
8. Dessert: Dark Chocolate Drizzled Oranges



Herbs

1 bunch cilantro (7)
1 bulb garlic (1,7)
2" knob ginger (1)



Fruits

1 pint blueberries (5)
4 oranges (8)
4 limes (1,7)



Dairy (optional)

4oz goat cheese crumbles,
optional (5)
4oz feta cheese crumbles,
optional (3)



Pantry

1c strained tomatoes (2)
1c almond butter (6)*
8.5oz can artichokes in water
(3)
6T honey (2)
1/2c tahini (7)
1/4c cocoa powder or raw
cacao powder (8)
4c vegetable broth (1)*
1c beef broth (4)*



Veggies

1/2# bag chopped cabbage (2)
(or coleslaw mix)
1 pint cherry tomatoes (3)
1# carrots (4)
1# parsnips (4)
2x zucchini (7)
1 x cucumber (7)
2 x red bell peppers (1)
2 large yellow onions (1,4)
2 sweet potatoes, ~1# (1)
1# purple potatoes (2)
(or sub w/ red or fingerling)
1 x 5oz tub mixed greens (3)
1 x 5oz tub baby spinach (5)
2 medium red potatoes (4)
(optional)



Meats

8-10 chicken drumsticks
(bone-in) (2)
4 x chicken breasts (3)
2# lamb shanks (4)
or sub w/ 1-1.5# beef or lamb
stew meat



Nuts & Dry Fruit

1c sliced almonds (3,5)
1c medjool dates (6)
1/2c dried cherries (6)*



Fish

4 salmon fillets (1)
OR sub with seabass or tilapia



Oils & Vinegars

~2c olive oil
1c balsamic vinegar (3,5)
~1/2c apple cider vinegar (2)
1/4c coconut oil (8)



Spices

~2T chili powder (2,7)*
1/2tsp cumin powder (7)
1T paprika (2)
1/8 tsp cinnamon (8)
1T tarragon (2)
or sub w/ basil
1/4tsp chipotle or ancho chili
powder (1)
or sub w/ 1T chili powder
1T basil (4)
1T thyme (4)
1T mustard (4)
1T parsley (4)
(OR sub above 4 for 3T Italian
seasoning*)



Eggs

1 egg (omega-3) (6)

*Note: read all ingredient
lists; avoid added msg, sugar,
gluten, salt, etc.



February Menu, Week 1 - PALEO: Prep Day



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Meal Plans

Pre-heat oven to 325 F. (6)



Oranges: Peel and separate 4 oranges into segments. Lay in a single layer on a piece of parchment or foil, set aside. (8)

Cucumber: cut into slices for snacking. [*] (7)

Chop Salad: drain artichoke hearts and cut into bite-sized pieces (quartered). Cut cherry tomatoes into half (or quarters). [*] (3)

Purple Potatoes: Cut potatoes into 1" cubes. Toss w/ 1T olive oil + 1T tarragon + S&P. [*] (2)

Zucchini: remove ends & quarter. (7)

Sweet Potato Soup: roughly chop 2 sweet potatoes, 2 red bell peppers, 3 garlic cloves & 1 yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2-3"). (1)

Salmon: Thinly slice 2 limes. Grate a 2" knob ginger for ~1T. (1)

Crockpot: Chop 1# carrots & parsnips & 1 yellow onion into 1-2" pieces. Store all together. [*] (4)

Crockpot: Cut 2 medium red potatoes (if using) into 1-2" pieces. Store in a container covered in water. [*] (4)



Sweet Potato Soup: In a large soup pot heat 1t olive oil + 1 rough chopped onion + 3 chopped garlic cloves + 2 chopped red bell peppers, cook over medium high for 10 minutes. Add 2 chopped sweet potatoes and cook 5 more minutes. Add 4c vegetable broth, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Allow to cool. (1)



Hummus (7)

Place the following in a blender:

- 2tsp lime juice (juice of 1-2 limes)
- small handful cilantro
- 1 small clove garlic
- ½c tahini
- 2 zucchini (ends removed & quartered)
- 1tsp chili powder + ½tsp cumin + ¼tsp salt

Blend on high until smooth (adding oil if needed for consistency). [*] (7)

Sweet Potato Soup (1) (blend in 2-3 batches as necessary)

Place cooked and cooled veggies into blender & add ¼tsp salt. Blend until smooth adding water as needed.

Add salt & ¼tsp chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1T chili powder). [*] (1)



Almond Butter Cookies (6)

Place 1 egg & 1c dates (remove pits) in a blender or food processor. Blend until smooth (3-4 minutes).

Add in 1c almond butter, blending until mixed through. Stir in ½c dried cherries.

Drop by spoonfuls (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.

Bake in 325 F oven for ~15 minutes. [*] (6)



Oranges (8)

Heat $\frac{1}{4}$ c coconut oil in a small sauce pan over low on stovetop. Once the oil is liquid/ warm, turn off heat, whisk in $\frac{1}{4}$ c cocoa powder + $\frac{1}{8}$ tsp cinnamon. Drizzle over orange segments (orange segments should be in a single layer on parchment or foil). Place orange segments in fridge to cool. Once chocolate has hardened, store in a container in fridge. [*] (8)



Coleslaw (2)

Whisk together:

$\frac{1}{2}$ c olive oil

2T apple cider vinegar

1tsp honey

salt to taste

Toss together with 1 bag of coleslaw ($\frac{1}{2}$ #). [*] (2)

Honey BBQ Sauce (2)

Whisk together:

1c strained tomatoes

2T chili powder

2T apple cider vinegar

4T honey

$\frac{1}{4}$ tsp salt & pepper

Set aside half of the BBQ sauce for dipping. [*] (2)

Toss chicken drumsticks in remaining $\frac{1}{2}$ BBQ sauce and let marinate. [*] (2)

Side Salad (5):

In a container layer the following (option to store in the salad tub):

$\frac{1}{2}$ tub of spinach

$\frac{1}{4}$ c sliced almonds

$\frac{1}{2}$ pint blueberries

2 oz goat cheese crumbles

Repeat layers. [*] (5)

Salmon (1): Note: if not eating this dish within 24 hours, please wait on prepping this until Dish Day.

Place each salmon fillet on a separate ~8" square parchment paper. Spread 1T grated ginger & salt sprinkle evenly over all 4 fillets.

Top each fillet with a single layer of thinly sliced limes (~3 slices/ salmon). Fold over parchment to make "pouches". [*] (1)

See instructions for folding pouches at <http://www.prepdish.com/salmonpouch/>

Lamb: Toss lamb shanks/ stew meat w/ 1T each (dried): basil + parsley + mustard + thyme + $\frac{1}{2}$ T salt & ground pepper. [*] (4)

OR option to sub basil, parsley, mustard & thyme for 3T Italian seasoning.



Balsamic Vinaigrette:

Whisk together:

1 cup oil + $\frac{1}{2}$ c balsamic vinegar. [*] (3,5)

KEY - [*]: store in container, label & refrigerate for use later in week



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February Menu, Week 1 - PALEO: Dish Day

Day 1

Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup (1)

1. Pre-heat oven to 400 F. Bake salmon for 16-18 minute or just cooked through/ flaky. Note: remove lime slices, do not eat.
2. Heat soup on stovetop until heated through.

Day 2

Honey BBQ Chicken w/ Coleslaw & Purple Potato Cubes (2)

1. Pre-heat oven to 375 F. Place purple potatoes in a single layer on a baking sheet. Roast for 40-45 minutes.
2. Place chicken in a baking pan. Bake 45 minutes or cooked through (165 F). Serve w/ remaining BBQ sauce & coleslaw on side.

Day 3

Veggie Chopped Salad w/ Artichokes, Tomatoes & Feta (3) *option to marinate chicken for up to 24 hr*

1. Pre-heat oven to 400 F. Marinate chicken in ½c balsamic vinaigrette while oven pre-heats.
2. Remove chicken from marinade & roast for ~30-35 minutes or 165 F.
3. Place 1 tub greens in large bowl, top w/: chopped artichokes & cherry tomatoes, 4oz feta crumbles & ½c sliced almonds.
4. Drizzle w/ balsamic vinaigrette. Reserve remaining vinaigrette for Side Salad.

Day 4

Crock Pot Lamb & Root Veggie (4)

1. Place veggies, seasoned lamb meat & 1c beef broth in a crockpot on high for 8-10 hours.
2. Remove meat from shank when plating, serve with veggies and extra broth (if desired).

Salad

Spinach w/ Blueberries, Sliced Almonds & Goat Cheese (5)

1. Let vinaigrette come to room temp, shake well. Toss into salad (or add 1T/ serving). *Reserve ½c of vinaigrette for Day 3 salad.

Breakfast

Almond Butter & Cherry Breakfast Cookies (6)

Snack

Cucumber Slices w/ Southwestern Hummus (7)

Dessert

Dark Chocolate Oranges (8)