



Paleo & Gluten Free  
Meal Plans

## February Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice
2. Meal 2: Sausage, White Bean, Potato & Chard Soup
3. Meal 3: Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice
4. Meal 4: Turkey & Zucchini Lasagna
5. Salad: Grapefruit & Avocado Salad w/ Champagne Vinaigrette
6. Breakfast: Oatmeal w/ PB & Bananas
7. Snack: Bell Pepper Slices w/ Peanut Dipping Sauce
8. Dessert: PB-Cocoa Oatmeal Cookies



### Herbs

2 bunches basil (1,4)  
1 bunch dill (1)  
1 garlic bulb (1,2,4)  
2" knob ginger (3,7)



### Fruits

1 x lime (3,7)  
2 x large grapefruit (5)  
1 x bunch bananas (6)



### Dairy (all is optional)

32oz organic Greek yogurt (4)  
5oz shredded parmesan (1.5c)  
(4) (or more for soup, 2)  
4oz crumbled feta (1)



### Pantry

Brown rice lasagna noodles (4)  
4c gluten-free oatmeal (6,8)  
(quick-cooking preferred, no steel-cut)  
2c brown rice (1,3)  
1 x 15oz can cannellini beans (2) (OR 2 cans if omitting dairy from lasagna)  
2 x 25.5oz tomato sauce (1,4)\* (OR: strained or pureed tomatoes or marinara sauce)  
32oz chicken broth (2)\*  
1/4c unsweetened cocoa powder (8)  
~3/4 honey (3,5,7,8)  
~2c peanut butter (3,6,7,8)\*  
14oz can lite coconut milk (3,7)  
1tsp low-sodium tamari (3,7)  
2tsp red curry paste (3,7)\*  
1tsp vanilla (8)\*



### Veggies

1 x carrot (2)  
1 x chard (2)  
1 x broccoli (3)  
1 x avocado (5)  
4 x bell peppers (7)  
(variety of colors)  
2 x zucchini (1/2 #)(4)  
1 x tub sliced mushroom (1)  
1 x yellow onion (1,2,4)  
1 x 5oz tub salad greens (5)  
1# Yukon gold potatoes (~2 med potatoes) (2)



### Meats

1/2# raw chicken sausage (2)\*  
4 boneless, skinless chicken breasts (3)  
1# ground turkey thigh (4)



### Nuts

1/2c sliced almonds (5)



### Fish

1# shrimp (1)  
(peeled & deveined)



### Oils & Vinegars

~1/2c olive oil  
1/4c coconut oil (8)  
2T toasted sesame oil (3)  
2T champagne vinegar (5)



### Spices

1/2tsp cinnamon (8)  
3T Italian seasoning mix (2,4)\*  
Optional: 1-2T chili flakes (3)

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



## February Menu, Week 2: Prep Day



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**Rice:** Place 4c water + 2c brown rice in a pan and bring to a boil, lower heat to low, cover with a lid and cook 30-45 min. [\*] (1,3)  
**Oats:** Bring 4c water to a boil add 2c oats reduce to low, 10-20 min, stir occasionally. Option: increase for more servings. [\*] (6)



**Soup:** Finely chop 1 carrot, 1# potatoes & chard stems, set aside. (2) Finely chop chard leaves. Set aside, separately from stems. (2)  
**Onion:** Finely chop yellow onion, reserving ½ for tomato sauces (1,4) & ½ for soup, set aside. (2)  
**Garlic:** Finely chop 4-6 cloves of garlic (~1-2T), set aside. (1,2,4)  
**Zucchini:** Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. (4)  
**Herbs:** Finely chop basil, ½ for shrimp (1) & ½ for lasagna(4), set aside. Finely chop dill (~2-3T). (1)



### Tomato Sauce, Shrimp (1)

In large sauté pan over med-high heat, add 2-3tsp olive oil + ¼ chopped onion + 1tsp garlic + sliced mushrooms, sauté for 10 min, cool. Add 1 jar tomato sauce, ½ basil, dill & 2oz crumbled feta (optional). Place in dish, top w/ shrimp, 2oz feta (optional), S&P. [\*] (1)

### Tomato Sauce, Lasagna (4)

In a large sauté pan over med-high heat, cook ground turkey + ¼ chopped onion + 1T Italian seasoning + 1tsp garlic for 12 min. Stir in remaining 1 jar tomato sauce, remove from heat, allowing to cool. (4)



**Soup:** Heat 1tsp olive oil in large pot over med-high heat. Add sausage (breaking apart), remaining garlic & ½ chopped onion, potato & chard stems, cook for 10min. Add 32oz chicken broth + 4c water + 2T Italian seasoning, simmer for 20-30min, stirring occasionally. Add chopped chard leaves & 15oz cannellini beans (drained & rinsed), simmer 5-10min season w/ S&P. [\*] (2)



### Lasagna (4)

Stir together the following for the "white layer":

32oz yogurt + ½ chopped basil + 1c shredded parm

Option: omit white layer or replace w/ 1can white beans, pureed until smooth 2/ chopped basil

Assemble lasagna by layering in a 9x13" pan:

- ½ turkey-tomato sauce
- a layer of brown rice lasagna noodles
- ¾ white mix
- zucchini "noodles"
- remaining ½ tomato sauce

dot w/ remaining white mix & top w/ ½ c parmesan and remaining chopped basil (optional). Cover w/ foil. [\*] (4)



**Grapefruit:** Remove peel (and white outer membrane). Cut in bite-sized pieces, reserve 2T grapefruit juice, set aside. (5)

**Bell Pepper:** Chop bell pepper into strips (for snacking). [\*] (7)

**Broccoli:** Chop broccoli into bite-sized pieces, toss w/ 2T toasted sesame oil + 1-2T red chili flakes (optional), S&P. [\*] (3)



### **Cookies (8)**

In a medium pot, heat over medium until just bubbly:  $\frac{1}{2}$ c honey +  $\frac{1}{4}$ c coconut oil +  $\frac{1}{4}$ c lite coconut milk +  $\frac{1}{4}$ c cocoa powder  
Let bubble on low for ~1minute, stirring constantly. Remove from heat and stir in 1t vanilla +  $\frac{1}{4}$ c peanut butter +  $\frac{1}{2}$ t cinnamon.  
Stir in 2c oats. Drop by Tbsp onto parchment paper or foil. Allow to cool. Yields ~20 cookies. [\*] (8)



### **Peanut Sauce (3,7)**

In a blender combine:

$\frac{3}{4}$ c lite coconut milk (option: reserve remaining to stir into oatmeal at breakfast)

$\frac{1}{2}$ c peanut butter

2" fresh ginger, peeled, roughly chopped

2t red curry paste (adjust according to desired heat)

1tsp honey

2tsp lime juice (~juice of 1 lime)

1tsp low-sodium tamari [\*] (3,7)



### **Salad (5)**

Layer in container as follows:

-  $\frac{1}{2}$  mixed greens

-  $\frac{1}{2}$  chopped grapefruit

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

Repeat layers. [\*] (5)



### **Vinaigrette (5)**

2T olive oil

2T reserved grapefruit juice

1T honey

2T champagne vinegar [\*] (5)

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



## February Menu, Week 2: Dish Day



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### Day 1

#### **Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice (1)**

1. Pre-heat oven to 450F. Bake shrimp in tomato sauce, covered, for 50-55 min. Remove cover, bake 5-10 min, until shrimp change from translucent to a white color. Allow to cool. If excess liquid, remove & discard (esp w/ previously frozen shrimp).
2. Re-heat ½ brown rice in 450F oven (reserve ½ brown rice for meal #3) covered for ~1 hr, adding up to ¼c water if needed.

### Day 2

#### **Sausage, White Bean, Potato & Chard Soup (2) (freezes well)**

1. Heat soup over low-med heat until bubbly and heated through (20-30 min), stirring occasionally. Option to top w parmesan.

### Day 3

#### **Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice (3)**

1. Heat ½ of brown rice in 425F oven, covered for ~50min, adding up to ¼c water if needed.
2. Spray or rub 4 chicken breasts w/ olive oil. Pre-heat indoor grill (like George Foreman), cook chicken ~10min or cooked to 165F. OR roast chicken at 425 for 30-40 minutes until cooked to 165F. Serve w/ peanut dipping sauce (reserving ½ for snack).
3. Place broccoli on sheet pan and place in 425F oven. Roast for 30-35min. Remove halfway through cooking and toss.

### Day 4

#### **Turkey & Zucchini Lasagna (4)**

1. Pre-heat oven to 400F and bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Allow to cool ~10min..

### Salad

#### **Grapefruit & Avocado Salad w/ Champagne Vinaigrette (5)**

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving).
2. Dice avocado and add to salad.

### Breakfast

#### **Oatmeal w/ PB & Bananas (6)**

1. Heat 1-2c cooked oatmeal (per serving) in microwave for 2-3min. Stir in ~2T peanut butter & add 1 sliced banana.
2. Option to add coconut milk, sprinkle of cinnamon or 1-2T cocoa powder.

### Snack

#### **Bell Pepper Slices w/ Peanut Dipping Sauce (7)**

### Dessert

#### **PB-Cocoa Oatmeal Cookies (8)**