



Paleo & Gluten Free
Meal Plans

February Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Shrimp, Mushrooms & Feta in Tomato Sauce over Spaghetti Squash
2. Meal 2: Sausage, Potato & Chard Soup
3. Meal 3: Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice
4. Meal 4: Turkey & Zucchini Lasagna
5. Salad: Grapefruit & Avocado Salad w/ Champagne Vinaigrette
6. Breakfast: Strawberry-Banana-Almond Green Smoothie
7. Snack: Bell Pepper Slices w/ Almond Butter Dipping Sauce
8. Dessert: Chewy Cocoa 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)
2 x 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

2 x 25.5oz tomato sauce
(1,4)* (OR: strained or pureed
tomatoes or marinara sauce)
32oz chicken broth (2)*
~1c almond butter (3,6,7)*
14oz can lite coconut milk
(3,7)
1tsp coconut aminos (3,7)
2tsp red curry paste (3,7)*
~1/2c honey (3,5,7,8)
2/3c cocoa powder (8)
1/2tsp vanilla extract (8)*
1/4c dark chocolate chips (8)*
(optional)



Veggies

1 x carrot (2)
1 x chard (2)
1 x broccoli (3)
1x cauliflower (3)
1 x avocado (5)
4 x bell peppers (7)
(variety of colors)
3-4 x zucchini (~1#)(4)
1 x tub sliced mushroom (1)
1 1/2 x yellow onion (1,2,3,4)
1 x 5oz tub salad greens (5)
1 bag spinach (6)
1# Yukon gold potatoes (~2
med potatoes) (2)
1 x spaghetti squash (1)



Meats

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



Nuts & Dried Fruit

1/2c sliced almonds (5)
1/4c chopped walnuts (8)



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

4 1/2 tsp cinnamon (6,8)
3T Italian seasoning mix (2,4)*
Optional: 1-2T chili flakes (3)



Eggs

3 eggs (4,8) (omega-3)



Frozen

10oz bag frozen strawberries
(6)

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



February Menu, Week 2 - PALEO: Prep Day



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Pre-heat oven to 350 F. (1,8)

Spaghetti Squash: pierce w/ knife. Roast whole for 1.25-1.5 hr or knife inserts easily. Place in fridge to cool. (1)



Soup: Finely chop carrot, potato & chard stems, set aside. (2) Finely chop chard leaves and set aside, separately from stems. (2)

Onion: Finely chop yellow onion, reserving 1/2 for tomato sauces (1,4) 1/2 for cauli rice (3) & 1/2 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, 1/2 for shrimp (1) & 1/2 for lasagna(4), set aside. Finely chop dill (~2-3T). (1)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (3)

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)



Tomato Sauce, Shrimp (1)

In large sauté pan over med-high heat, add 2-3tsp olive oil + 1/4 chopped onion + 1tsp garlic + sliced mushrooms, sauté for 10 min, cool. Add 1 jar tomato sauce, 1/2 of chopped 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 + 1/4 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 & 1/2 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 simmer 5-10min season w/ S&P. [*] (2)



Cocoa Cookies (8)

Whisk together:

3 egg whites (saving 3 yolks for lasagna)

1/4c honey

2/3c cocoa powder

1/2tsp vanilla extract

1/2tsp cinnamon

1/8tsp salt

Stir in: 1/4c chopped walnuts + 1/4c dark chocolate chips

Drop onto a silicone or parchment lined baking sheet. Bake in pre-heated 350 F oven for 8-10 min.



Cauliflower Rice (3)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy. [*] (3)

Almond Butter Sauce (3,7)

In a blender add:

3/4c lite coconut milk (option: reserve remaining to stir into oatmeal at breakfast)

1/2c almond butter

2" fresh ginger, peeled, roughly chopped

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

1tsp honey

2tsp lime juice (~juice of 1 lime)

1tsp coconut aminos [*] (3,7)



Spaghetti Squash: cut cooled squash in half, remove & discard seeds & scrape out squash and store. [*] (1)

Lasagna (4)

Stir together the following for the "white layer":

32oz yogurt + 1/2 chopped basil + 1c shredded parm + 3 egg yolks (optional)

Assemble lasagna by layering in a 9x13" pan:

- 1/2 turkey-tomato sauce

- 1/2 zucchini "noodles"

- 3/4 white mix

- remaining 1/2 zucchini "noodles"

- remaining 1/2 tomato sauce

dot w/ remaining white mix & top w/ 1/2 c parmesan & remaining chopped basil (optional). Cover w/ foil. [*] (4)

Salad (5)

Layer in container as follows:

- 1/2 mixed greens

- 1/2 chopped grapefruit

- 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 - PALEO: Dish Day



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Day 1

Shrimp, Mushrooms & Feta in Tomato Sauce (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).

Day 2

Sausage, 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. Option to freeze leftovers.

Day 3

Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice (3)

1. Heat 1 T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. 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/ almond dipping sauce (reserving 1/2 for snack).
4. 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

Strawberry-Banana-Walnut Green Smoothie (6)

1. Blend on high, until smooth: 1c water + 10oz frozen strawberries + 2 bananas + 1/2c almond butter + 1 bag spinach
2. Add more water as needed for desired consistency. May work best in multiple batches depending on blender size.

Snack

Bell Pepper Slices w/ Almond Butter Dipping Sauce (7)

Dessert

Chewy Cocoa Cookies (8)