



Paleo & Gluten Free
Meal Plans

February Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies
2. Meal 2: Shrimp, Garlic & White Beans over Brown Rice Spaghetti
3. Meal 3: Broccoli Frittata w/ Strawberries
4. Meal 4: Turkey Taco Soup
5. Salad: Classic Side Salad
6. Breakfast: Pear Muffins
7. Snack: Oranges & Brazil Nuts
8. Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts



Herbs

1 garlic bulb (2,4)



Veggies

2-4 avocados, optional (4,5)
2 carrots (1)
2 parsnips (1)
1 bulb fennel (1)
1x sm cucumber (5)
1 pint cherry tomatoes (5)
1 bunch broccoli (3)
1 corn cob (4)
1 jalapeño (4)
1 red bell pepper (4)
1 yellow onion (4)
5oz mixed greens (5)



Eggs

14 eggs (omega-3) (3,6)



Fruits

1 pint strawberries (3)
4 oranges (7)
1 lemon (2)
4 pears, soft (6)



Meats

4 bone-in, skinless chicken legs (1)
(or breasts if preferred)
¾# ground turkey breast (4)



Fish

1# shrimp, peeled, deveined, tails removed (2)



Dairy (optional)

4oz goat cheese crumbles, optional (2)
4oz cheddar cheese, optional (3)
Greek yogurt and/or shredded cheese for soup garnish (4)



Nuts & Dry Fruit

½c walnuts, optional (8)
1c Brazil nuts (7)
3.5c almonds (6)
OR 3c almond flour (6)



Oils & Vinegars

1c olive oil
¼c red wine vinegar (5)



Pantry

1 can black beans (4)
1 can red beans (4)
1 can white beans (2)
2c tomato puree (4)
4c chicken broth (4)*
1/3c maple syrup (6)
~½c honey (5,8)
1.5tsp baking soda (6)
1.5tsp baking powder (6)
~1.5T vanilla extract (6,8)
muffin liners (6)
1 pkg brown rice spaghetti (2)
3 cans full fat coconut milk (8)



Spices

1T pumpkin pie spice (6)
2T Italian seasoning (1,5)*
2T taco seasoning (4)*
2T smoked paprika (1)
1-2tsp red chili flakes, optional (2)
2tsp cinnamon (8)

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



February Menu, Week 3: Prep Day



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Pre-heat oven to 350 F.



Oranges: option to quarter into wedges and store in baggies for snack. (7)

Salad: chop cucumber into bite-sized pieces. Halve cherry tomatoes. Set both aside. (5)

Soup: finely chop: 1 yellow onion, 1 red bell pepper, 2 cloves garlic, 1 jalapeño (discard seeds) & cut corn from cob. (4)

Root Veggies: slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1t salt. [*] (1)

Garlic: Finely chop 4 cloves garlic. [*] (2)

Lemon: quarter into wedges. [*] (2)

Frittata: chop broccoli and cube cheddar cheese, set aside. (3)

Pears: finely dice 2 pears, set aside; roughly chop 2 pears (these 2 will be pureed), set aside. (6)



Taco Soup (4)

In a large soup pot over med-high heat, add: 1t olive oil + chopped veggies (1 yellow onion + 1 bell pepper + garlic + 1 jalapeño). Cook veggies for ~5 minutes, Add $\frac{3}{4}$ # ground turkey breast + 2T taco seasoning, crumbling meat & cooking 10 more min. Add 2c tomato puree + 4c broth, turn to low, cook 30min. Add 1 can drained black beans + 1 can drained red beans + corn, cook 10min. [*] (4)



Pear Spice Muffins (6)

In blender or food processor, blend 3.5c almonds until they resemble a fine powder, but before forming a paste (or use 3c purchased almond flour).

Stir together in large bowl:

- 3 cups almond flour
- 1.5tsp baking soda
- 1.5tsp baking powder
- 1T pumpkin pie spice

In blender, puree together:

- 4 eggs
- 1/3c maple syrup (or brown sugar)
- 1tsp vanilla extract
- 2 pears, roughly chopped

Add wet ingredients to dry and stir in 2 diced pears.

Place in muffin tin w/ muffin liners and bake at 350 F for 32-38 minutes or until tops spring back when pressed.

Yields 20-22 muffins. (6) [*]



Frittata (3)

In a large bowl, whisk together 10 eggs.

Stir in:

4oz cubed cheddar cheese

3-4c chopped broccoli (note: if you have extra chopped broccoli, store for snacking or add to soup)

½ tsp black pepper + 1/8 tsp salt

Put into well-oiled casserole dish or pie pan and bake at 350F for 25-35 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*](3)



Chicken Marinade: Whisk together: ¼c olive oil + 2T smoked paprika + 1tsp salt. Add 4 chicken legs, covering completely. [*] (1)

Salad (5)

Layer in container as follows:

½ mixed greens

½ chopped cucumber

½ pint cherry tomato halves

Repeat layers. [*] (5)



Ice Cream (8)

Place the following in a blender:

- 3 cans full fat coconut milk

- ½c honey

- 1T vanilla extract

- 2 tsp cinnamon

- ½c walnuts (optional)

Blend until combined and walnuts are chopped. [*] (8)

Place ice cream maker bowl in the freezer- it can take up to 24 hours to freeze.

(Mixture is now ready for the ice cream maker, but plan to store in the fridge until ready to make the ice cream)

Note: if you don't have an ice cream maker, freeze the above mixture into popsicle molds & freeze.



Italian Vinaigrette (5)

Whisk together:

½ cup olive oil

¼ red wine vinegar

1T honey (optional)

1T Italian seasoning

S&P to taste. [*] (5)

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



February Menu, Week 3: Dish Day



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Day 1

Paprika Roasted Chicken w/ Trio of Roasted Veggies (1)

1. Pre-heat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F).

Day 2

Shrimp, Garlic & White Beans over Brown Rice Spaghetti (2)

1. Bring a large pot of water to boil and cook spaghetti according to package.
2. Heat 1-2tsp oil over med-high heat. Add shrimp & garlic & sauté 4-5 minutes or until shrimp is turning color.
3. Add 1 can white beans (drained/ rinsed). Optional: add 4oz goat cheese.
4. Drain pasta & toss together w/ shrimp, garlic & beans. Season to taste w/ fresh lemon wedges and red chili flakes.

Day 3

Broccoli Frittata w/ Strawberries (3)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ strawberries.

Day 4

Turkey Taco Soup (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally. Top with diced avocado, Greek yogurt and/or shredded cheese as desired.

Salad

Classic Side Salad (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving). Option: dice avocado, add to salad.

Breakfast

Pear Muffins (6)

Snack

Oranges & Brazil Nuts (7)

1 serving = 1 orange + 1/4c Brazil nuts

Dessert

Cinnamon Honey Coconut "Ice Cream" w/ Walnuts (8)

1. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately.
2. If ice cream is frozen prior to eating, let it set on counter for 5-10 min before serving, allowing to soften.