



February Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Beef Stir Fry w/ Broccoli & Cauliflower Rice
2. Meal 2: Chili Roasted Sea Bass w/ Japanese Sweet Potato Wedges
3. Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples
4. Meal 4: Sausage, Kale & Sweet Potato Soup
5. Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese
6. Breakfast: Bell Pepper & Onion Scramble w/ Avocado
7. Snack: Pear w/ Sunflower Seed Butter
8. Dessert: Baked Apples w/ Cherries & Almonds



Herbs

1 bulb garlic (1,2,4,6)
~3" ginger knob (1)
1 bunch fresh parsley (3,6)



Fruits

1 pint strawberries (5)
2 granny smith apples (3)
4 red apples (8)
4 pears (7)
2 lemons (3)



Dairy (optional)

4oz goat cheese crumbles (5)
1 tsp butter or ghee (3)



Pantry

1/2c sunflower seed butter (7)
1/4c coconut aminos (1)*
32oz vegetable broth (4)*
1tsp vanilla extract (8)*



Veggies

2-4 avocados (2,6)
1 head purple cabbage (3)
1 bunch kale (4)
1 bunch broccoli (1)
1x cauliflower (1)
2 large Japanese sweet potato (2)
1 large or 2 small jewel or garnet sweet potatoes (4)
1 red bell pepper (6)
1 1/2 yellow onion (1,4,6)
5oz tub mixed greens (5)



Meats

1# grassfed beef stir-fry meat (cut into thin, bite-sized pieces) (1)
~1/2# ground chicken sausage (4)*
4 thin-cut, bone-in pork chops (3)



Nuts & Dry Fruit

1/2c almonds (8)
1/2c chopped pecans (5)
1/4c medjool dates (8)
1/4c dried cherries (8)*



Spices

1/2T cinnamon (8)
~4T chili powder (2,4)*
2T cumin (4)
1tsp ancho chili powder, optional (4)



Eggs

8 eggs (omega-3) (6)



Fish

4 Chilean sea bass fillets (2)
option to sub salmon



Oils & Vinegars

1 1/4c olive oil
~1/3c coconut oil (1,8)
3T toasted sesame oil (1)
1/4c balsamic vinegar (5)
1tsp apple cider vinegar, optional (3)

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



February Menu, Week 4 - PALEO: Prep Day



Paleo & Gluten Free
Meal Plans

Pre-heat oven to 350 F.



Apples: Peel & roughly chop 2 granny smith (green) apples, set aside. (3)

Cabbage: Finely chop 1 head cabbage (option to use a food processor attachment). (3)

Garlic: Finely chop 6 garlic cloves, set aside 1/2 for soup (4) & half for stir fry (1). (1,4)

Ginger: Grate ~2T ginger, set aside. (1)

Kale: Remove leaves from stems and finely chop both stems and leaves separately, set aside. (4)

Sweet Potato: Finely chop 1-2 jewel or garnet sweet potato into small bite-sized pieces for soup. (4)

Yellow Onion: Finely chop half for soup (4), store half for breakfast scramble (6) and half for cauli rice (1) [*] (1,4,6)

Bell Pepper & Garlic: Finely chop bell pepper into bite-sized pieces; finely chop 2 cloves garlic. Store both w/ onion. [*] (6)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (2)



Soup (4): In a large soup pot heat 1tsp oil over med-high heat. Add: 1/2# sausage + 2T chili powder + 1T cumin + ancho powder (adjust for heat preference)+ chopped garlic cloves + sweet potatoes + kale stems + 1/2 chopped yellow onion Sauté the above for 8-10 min, breaking apart sausage. Add 32 oz low sodium veg broth + 4c water. Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes. Season to taste with S&P and additional ancho powder as desired. Allow to cool. [*] (4)



Sautéed Cabbage & Apples (3):

Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)



Sweet potatoes: Cut 2 Japanese potatoes into thin wedges. Toss w/ 1-2T olive oil+ 1T cumin + 1T chili powder S&P. [*] (2)

Parsley: Finely chop parsley to yield ~1T. (Save remaining parsley for marinade) [*] (6)

Broccoli: Chop into small bite-sized pieces. [*] (1)

Strawberries: Slice into bite-sized pieces. Set aside. (5)



Baked Apples (8)

Place in a blender:

1/4c coconut oil + 1/4c dates, pits removed (~5 large) + 1/4c dried cherries + 1/2 c almonds + 1tsp vanilla

Blend until roughly chopped.

Cut 4 red apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ 1/2T cinnamon. Cover with foil. [*] (8)



Cauliflower Rice (1)

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. (1) [*]

Lemon Parsley Marinade (3)

Place the following in a blender:

- juice of 2 lemons
- 1/2c olive oil
- large handful fresh parsley
- 1tsp salt

Blend until parsley is chopped. (3) [*]



Salad (5)

Layer in container as follows:

- 1/2 mixed greens
 - 1/2 sliced strawberries
 - 1/4c chopped pecans
 - 2oz goat cheese,
- Repeat layers. [*] (5)

Chili Sea Bass (2)

In a bowl whisk together:

- 2T olive oil
- 2tsp chili powder
- 1tsp salt

Evenly spread above marinade over sea bass. [*] (2)



Balsamic Vinaigrette: 1/2 cup oil + 1/4c balsamic + pepper [*] (5)

Stir Fry Sauce (1)

- 1/4 c coconut aminos
- 1T toasted sesame oil
- 2T fresh grated ginger
- 2 cloves chopped garlic

Whisk together and pour over sliced beef. [*] (1)

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



February Menu, Week 4 - PALEO: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Beef Stir Fry w/ Broccoli & Cauliflower Rice (1)

1. Heat 1T 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. Heat 1tsp coconut oil in large sauté pan over med-high heat.
4. Cook broccoli 10 min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.

Day 2

Chili Roasted Sea Bass w/ Sweet Potato Wedges (2)

1. Pre-heat oven to 425 F. Roast sweet potatoes on baking sheet for 30-45 minutes, removing & tossing halfway through cooking.
2. Place fish in separate baking pan and roast for 20-22 minutes or cooked through/ flaky. 3. Mash 1-2 avocados and season w/ lime juice, S&P. Serve fish w/ mashed avocado on side.

Day 3

Lemon-Parsley Pork Chops w/ Cabbage & Apples (3) *marinate in fridge 1 hour up to 24 hours*

1. Pre-heat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for 30-40 minutes or until 150 F internal temp.
3. Re-heat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

Day 4

Sausage, Kale & Sweet Potato Soup (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Salad

Mixed Greens w/ Strawberries, Pecans & Goat Cheese (5)

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

Breakfast

Bell Pepper & Onion Scramble w/ Avocado (6)

1. Heat 1t oil over med-high heat in large sauté pan. Cook chopped bell pepper, onion & garlic for 6-8 min.
2. Whisk 8 eggs and add into cooked veggies, stir and cook 2-3 min, season w/ S&P.
3. Top w/ chopped parsley. Serve w/ avocado slices.

Snack

Pear w/ Sunflower Seed Butter (7)

1. Use an apple slicer (or knife) to slice pear. 1 serving = 1 pear + 1-2T sunflower seed butter.

Dessert

Baked Apples w/ Cherries & Almonds (8)

1. Bake, covered, in pre-heated 375 F oven for 25-35 min. Remove cover in final 5-10min.