



April Menu, Week 1 - PALEO: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Cilantro Pesto Sea Bass w/ Steamed Baby Bok Choy
2. Meal 2: Paprika Chicken Legs w/ Carrots, Parsnips & Fennel
3. Meal 3: BBQ Ribs w/ Potato Salad & Steamed Zucchini
4. Meal 4: California Chicken & Veggie Salad
5. Salad: Spinach w/ Mango, Goat Cheese & Walnuts
6. Breakfast: Eggs Baked in Avocado w/ Oranges
7. Snack: Celery & Almond Butter
8. Dessert: Cherry Cobbler



Herbs

- 1 bunch cilantro (1)
- 1 bunch green onions (3)
- 1 bulb garlic (1)



Fruits

- 4 x oranges (6)
- 2 x lemons (1)
- 1 x ripe mango (5)



Dairy (optional)

- 4oz goat cheese crumbles (5)
(Or sub with avocado)
- 1/2c butter, unsalted (8)
(OR sub 1/2c coconut oil)



Pantry

- 1/2c almond butter (7)*
- 2c strained tomatoes (3)
- 1/4c mayo (3)*
- ~1/3c grainy mustard (3,4)
- 3/4c honey (3,4)
- 1 1/4c almond flour (8)
- 1tsp almond extract (8)



Veggies

- 2 x carrots (2)
- 2 x parsnips (2)
- 1 x fennel (2)
- 1 x celery (3,7)
- 2 medium zucchini (3)
- 4 baby bok choy (1)
- OR sub 1-2 zucchini
- 1 pint cherry tomatoes (4)
- 5oz tub mixed greens (4)
- 2# red potatoes (3)
- 5oz tub spinach (5)
- 6 avocados (4,6)



Meats

- 3# baby back ribs (3)
- 4 bone-in chicken legs (2)
- 1# boneless, skinless chicken breast (4)



Fish

- 4 x Chilean sea bass fillets (1)
- OR 4 x salmon fillets



Eggs

- 8-12 eggs (omega-3) (4,6)



Nuts & Dry Fruit

- 3/4c walnuts (1,5)
- 1/2c sunflower seeds (4)
- 1 1/2c medjool dates (8)
- 1c pecans (8)
- 1/2c fine shredded coconut (8)
(unsweetened)



Oils & Vinegars

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



Spices

- 3T chili powder (3)*
- 1T Italian seasoning (2)*
- 2T smoked paprika (2)
- 1T cinnamon (8)
- 1tsp ground ginger (8)



Frozen

- 20oz frozen dark cherries (8)

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



April Menu, Week 1 - PALEO: Prep Day



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Preheat oven or grill to 350 F



Zucchini: cut into 1/4" "coins" (note: if using zucchini in place of bok choy (1), chop now). [*] (3)

Potato Salad: finely dice 2 celery stalks & 1 bunch green onions, set aside. Cut 2# red potatoes into 1-2" pieces, set aside. (3)

Celery: cut remaining celery into 2-3" pieces for snacking. [*] (7)

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. [*] (2)

Oranges: Cut 4 oranges into quarters for breakfast. [*] (6)

Mango: Dice 1 mango into small pieces for salad, set aside. (5)



Eggs: Place 4 eggs in a pot & cover w/ water. Bring water to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (4)

Potatoes: Place 2# potatoes, chopped, in a pot & cover w/ water. Bring to boil & cook 45-55min or fork tender. Remove from heat.

Chicken: Season 1# chicken breast w/ S&P. Grill chicken ~10 minutes/ side or bake 20-30 minutes. Allow to cool. (4)



Cobbler (8)

Place in food processor or blender:

1/2c butter or coconut oil

1 1/2c dates (pits removed)

1c pecans

1c almond flour

1/2c unsweetened coconut flakes

1T cinnamon

1tsp ginger

1/2tsp salt

Pulse until combined and it begins to form a ball.

Toss together 20oz frozen dark cherries w/ 1/4c almond flour & 1tsp almond extract. Layer on the bottom of an 9x9" pan.

Top with cobbler from above (does not have to cover completely). Cover with foil. [*] (8)

Cilantro Pesto (1)

Place in a blender:

1/4c olive oil

large handful cilantro

1/4c walnuts

1 clove garlic

juice of 1 lemon

Blend until smooth. Spread 1-2T pesto over each fish fillet. (If not eating in 24 hr, delay spreading pesto on fish until dish day). [*] (1)



Potato Salad: (3)

Whisk together:

¼c mayo + 1-2T grainy mustard + 1T olive oil + S&P.

Drain and mash boiled potatoes using a fork, mix in dressing (above), 2 celery stalks & 1 bunch green onions, both chopped. [*] (3)

Salad (4):

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

½ tub of mixed greens

½ pint cherry tomatoes

¼c sunflower seeds

½ lb cooked chicken breast

Repeat layers. [*] (4)

Side Salad (5):

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

½ tub of spinach

¼c chopped walnuts

½ diced mango

2oz goat cheese crumbles (if using)

Repeat layers. [*] (5)



Chicken Marinade (2)

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

Honey BBQ Sauce (3)

Whisk together (can also use a blender):

2c strained tomatoes

3T chili powder

¼c apple cider vinegar

½c honey

S&P (~¼ tsp salt). [*] (3)

Balsamic Vinaigrette (5)

Whisk together: ½ cup oil + ¼c balsamic vinegar + S&P. [*] (5)

Honey Mustard Dressing (4)

Whisk together:

½ cup oil

¼c grainy mustard

¼c honey

2T apple cider vinegar. [*] (4)

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



April Menu, Week 1 - PALEO: Dish Day



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Day 1

Cilantro Pesto Sea Bass w/ Steamed Baby Bok Choy (1)

1. Pre-heat oven to 400 F. Bake sea bass 20-22 minutes or until just cooked through/ flaky.
2. Bring 2-4c water to simmer in a steamer/stockpot. Steam (or boil) 4 baby bok choy 8-10 min. Season w/ S&P & drizzle olive oil.
3. If not using bok choy, toss ½ chopped zucchini w/ olive oil S&P and roast for ~15 min. (reserve remaining zucchini for D3)

Day 2

Paprika Chicken Legs w/ Carrots, Parsnips & Fennel (2)

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 3

BBQ Ribs w/ Potato Salad & Steamed Zucchini (3) *All Day In Crockpot*

1. Place ribs & BBQ sauce in crockpot on high for 4-6 hours or low for 8-10 hours.
2. At dinner: steam or boil zucchini for 5-6 minutes. Season to taste w/ S&P.

Day 4

California Veggie Salad (4)

1. Let dressing come to room temp, shake well.
2. Slice 2 avocados; peel & slice hard boiled eggs. Add both to top of salad. Drizzle 1-2T honey mustard dressing over each salad.

Salad

Spinach w/ Mango, Goat Cheese & Walnuts (5)

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

Breakfast

Eggs Baked in Avocado w/ Oranges (6)

1. Pre-heat oven to 425 F. Cut 2-4 avocados in half.
2. Crack 1 egg into each avocado and bake for 18-24 min or desired egg doneness. Season w/ S&P.

Snack

Celery & Almond Butter (7)

1. Serve celery dipped in almond butter (1-2T per serving).

Dessert

Cherry Cobbler (8)

1. Bake in pre-heated 375 F oven for ~30 minutes.