



April Menu, Week 3 - PALEO: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Lemon Basil Chicken Breast w/ Roasted Potatoes & Brussels' Sprouts
2. Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies
3. Meal 3: Shrimp & Okra Gumbo
4. Meal 4: Carrot & Zucchini Frittata with Strawberries
5. Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds
6. Breakfast: AB Banana Smoothie
7. Snack: Olives + String Cheese
8. Dessert: Dark Chocolate + Pecans



Herbs

1 x basil (1)
garlic (2,3)
ginger knob (2)



Fruits

~1c seedless grapes (5)
1 pint strawberries (4)
4 x lg bananas (6)
1 x lemon (1)



Dairy

4 string cheese, optional (7)
4oz shredded parmesan,
optional (4)



Pantry

4c low-sodium chicken broth
(3)*
1c kalamata olives (8)
1/2c almond butter (6)*
1tsp honey (1)
1/4c coconut aminos (2)*
4oz dark chocolate (bar or
individually wrapped) (8)*



Veggies

1 # carrots (2,4)
1 x medium zucchini (4)
1 # Brussels' sprouts (1)
1 x broccoli (2)
4 x carrots (2)
1x 8oz sliced mushrooms (2)
4 bell peppers (2,3)
1 yellow onion (3)
1# baking potatoes (1)
1x bag spinach (6)
5oz tub mixed greens (5)
1 avocado (5)



Meats

4 chicken breasts (1)
boneless, skinless, 4-6oz each
4 thin-cut pork chops (2)
1 link (3oz) raw andouille
sausage (3)*



Nuts & Dry Fruit

1c pecan halves (8)
1/4c sunflower seeds (5)



Spices

2tsp Creole seasoning (3)*
1tsp garlic powder (4)
1T fennel seed, optional (4)
1tsp cinnamon (6)



Fish

12oz shrimp (3)
(peeled, deveined, no tails,
fresh or frozen)



Oils & Vinegars

~1 1/2c olive oil
1/4c balsamic vinegar (5)
~1 1/4c toasted sesame oil (2)



Frozen

12-16oz cut okra (3)



Eggs

10 eggs (omega-3) (4)

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



April Menu, Week 3 - PALEO: Prep Day

Pre-heat oven to 350 F. (4)



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Gumbo: Dice 1 yellow onion + 2 bell peppers + 3 cloves garlic, set aside. (3)

Frittata: chop and discard the top of 1 zucchini & 2 large carrots. Grate both & set aside (works best in a food processor). (4)

Potatoes & Brussels' Sprouts: Cut 1# potatoes into 1/2" pieces. Cut 1# Brussels' sprouts in half. Toss both w/ 2T oil + S&P. [*] (1)

Note: if not eating Meal 1 w/in 24 hours, either pre-cook veggies (375 for ~45 min) or do not pre-cut potatoes.

Grapes: cut 1c grapes in half if preferred (option to leave whole). Set aside. (5)

Banana: cut 4 bananas into 1" pieces and place in a baggy or container in a single layer. Freeze for smoothies. [*] (6)

Garlic & Ginger: Finely chop 3 cloves garlic. Peel & grate 2T fresh ginger, set aside for stirfry sauce & marinade. (2)

Stir Fry: Slice 2 bell peppers & remaining carrots into long, thin strips. Chop 1 head broccoli into bite-sized pieces. [*] (2)



Gumbo (3)

In a large stock pan over high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.

Add 2 chopped bell peppers, 1 chopped onion, 1T chopped garlic & 2tsp Creole seasoning, sauté 7-8 minutes.

Add 2c water + 4c broth, bring to boil & lower to simmer for 15-20 minutes.

Add 12-16oz cut okra and 12oz peeled shrimp. Increase heat to medium allowing to simmer

Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (3)



Frittata (4)

In a large bowl, whisk together 10 eggs

Stir in:

1 zucchini + 2 carrots, shredded/ grated

1tsp garlic powder

1T fennel seeds (optional)

1/2 tsp black pepper

1/8 tsp salt

Put into well-oiled casserole dish and option to top with 4oz shredded parmesan.

Bake at 350F for 25-35 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool.[*] (4)



Side Salad (5):

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

1/2 tub mixed greens

1/2c grapes

1/8c sunflower seeds

Repeat layers. [*] (5)



Lemon Basil Marinade/ Dressing (1)

Place in a blender:

½ cup olive oil

1 large handful basil leaves

zest 1 lemon + juice 1 lemon (~2T)

1 tsp honey

1/8 tsp salt (or to taste)

Blend on high until basil is finely chopped. Store ¼c dressing for serving on cooked chicken. [*] (1)

Marinate chicken breasts in remaining lemon-basil sauce (~¼c). [*] (1)



Stir Fry Sauce (2)

¼c coconut aminos

1T toasted sesame oil

1T fresh grated ginger (save half for pork marinade)

2 cloves chopped garlic.

Sesame Pork Marinade (2)

Whisk together:

1c toasted sesame oil

1T fresh grated ginger

Marinate pork chops. [*] (2)

Balsamic Vinaigrette (5)

Whisk together:

½ cup oil

¼c balsamic vinegar

pepper [*] (5)

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



April Menu, Week 3 - PALEO: Dish Day



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Day 1

Lemon Basil Chicken Breast w/ Roasted Potatoes & Brussels' Sprouts (1)

1. Pre-heat oven to 375 F. Place lemon-basil dressing on countertop, allowing to come to room temp.
2. Roast potatoes & Brussels' sprouts for 45-55 minutes, or desired doneness. Remove and toss halfway through cooking.
3. Remove chicken from marinade and cook for ~35-40 minutes or cooked through to 165 F. Serve w/ lemon-basil dressing.

Day 2

Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies (2) Note: requires 30min-12hr marinating time

1. Pre-heat oven to 375 F. Remove pork chops from marinade and bake for 20-30 minutes or 145 F.
2. Heat 2 tsp coconut oil (or olive) in lg sauté pan or wok over medium-high heat. Add 8oz sliced mushrooms & sauté for ~3 min.
3. Add bell pepper, carrots & broccoli to pan, saute 5-7min, stir occasionally. Add stirfry sauce, cook 3-4 min.

Day 3

Shrimp & Okra Gumbo (3)

1. Re-heat in lg pot on stovetop over med-high until bubbly, turn to med-low, stir occasionally, ~25 min. Add water as needed.

Day 4

Carrot & Zucchini Frittata w/ Strawberries (4)

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

Salad

Mixed Greens, Grapes, Avocado & Sunflower Seeds (5)

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

Breakfast

Almond Butter-Banana Green Smoothie (6)

1. Place in blender: 1c water (or milk) + 4 frozen bananas + 1/2c AB + 1 bag spinach + 1tsp cinnamon. Blend until smooth.
2. Yields 4 servings, may need to blend in 2 batches depending on blender size. Add more liquid as needed.

Snack

Olives + String Cheese (7)

- 1 serving = 1/4c kalamata olives + 1 string cheese (optional)

Dessert

Dark Chocolate and Pecans (8)

- 1 serving = 1oz chocolate + 1/4c pecans