



# January Menu, Week 1 - PALEO: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Romesco Baked Salmon w/ Acorn Squash & Sautéed Mushrooms
2. Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup
3. Meal 3: Flank Steak w/ Romesco Sauce, Plantains & Sautéed Spinach
4. Meal 4: Bison, Potato & Collards Soup
5. Salad: Mixed Greens w/ Pomegranate, Blue Cheese & Walnuts
6. Breakfast: Mixed Berry Green Smoothie
7. Snack: Cheese & Olives
8. Dessert: Cranberry-Walnut Baked Green Apples



## Veggies

1 bulb garlic (1,2,3,4)  
2" fresh ginger knob (2)  
(optional)  
1 bunch collards (4)  
4 Roma tomatoes (1,3)  
1 red bell pepper (1,3)  
16oz sliced mushrooms (1)  
2 yellow onion (2,4)  
16 oz baby spinach (3,6)  
1 5oz tub mixed greens (5)  
1 large red potato (4)  
2# sweet potato (2)  
(3 medium)  
2 acorn squash (1)



## Meats

8 skin-on chicken drumsticks (2)  
1-1.5# grassfed flank steak (3)  
2 slices thick cut peppered bacon (4)  
½# ground bison (4)



## Dairy (optional)

4oz blue cheese crumbles (5)  
4oz grassfed Buffalo mozzarella (7)  
(or cheese of choice)  
1T butter (1)



## Pantry

~7c chicken broth (2,4)\*  
1t vanilla extract (8)  
1 jar Kalamata olives (7)



## Fish

4 x salmon fillets (1)  
(4-6oz/ portions)



## Nuts & Dried Fruits

¼c blanched almonds (1,3)  
¼c hazelnuts (1,3)  
1c chopped walnuts (5,8)  
¼c medjool dates (8)  
¼c dried cranberries (8)



## Oils & Vinegars

~1c olive oil  
~½c coconut oil (3,8)  
¼c balsamic vinegar (5)  
1 tsp red wine vinegar (1,3)



## Fruits

1 pear (2)  
4 green apples (8)  
2 large bananas (6)  
½c pomegranate arils or 1 pomegranate (5)  
2-4 plantains (3)  
w/ dark spots



## Frozen

8oz bag frozen mixed berries (or mixed fruit of choice) (6)



## Spices

1tsp paprika (1,3)  
1/8tsp cayenne (4)  
½T cinnamon (8)  
pinch of nutmeg (1) (optional)

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



# January Menu, Week 1 - PALEO: Prep Day



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**Pre-heat oven to 400 F. (1,3)**



**Soup:** Finely chop 2 slices of bacon, 1 yellow onion, 2 cloves garlic, collard stems, collard leaves & 1 red potato. (4)

**Pear Soup:** Peel & roughly chop 2-3 sweet potatoes, 1 yellow onion & 1 clove garlic. Peel & chop 1 pear & ginger, for ~2tsp. (1)

**Plantains:** Peel, cut in half & then cut each half into 4 long slices. [\*] (3)

**Acorn Squash:** Half both squash, remove seeds, cut into 1/2" crescents. Toss w/ ~3T olive oil, 1/8 tsp nutmeg (optional), & S&P. [\*] (1)

**Pomegranate:** Remove arils from fruit, set aside. (5)

**Romesco:** Cut 1 red bell pepper into 4 pieces (remove/ discard stem & seeds). Peel 1 clove garlic. (1,3)



## **Romesco (1,3)**

Place the following on a 9x13 baking pan:

4 whole Roma tomatoes

quartered red bell pepper

1 peeled clove garlic

Drizzle with 1T olive oil. Roast at 400 F for 40-45 minutes, set aside to cool. (1,3)

Place 1/4c almonds & 1/4c hazelnuts in a single layer on a sheet pan & roast for 8-10 min, set aside to cool. (1,3)



## **Soup (4)**

In a large soup pot, sauté bacon + 1/2# ground bison + chopped onion + garlic + collard stems & leaves for 3-4 minutes.

Add chopped potato + 4 cups broth + 2c water + 1/8t cayenne. Bring to a boil, lower to simmer and cook for 30 minutes.

Season to taste with S&P. Allow to cool. [\*] (4)

## **Pear Soup (2)**

In large soup pot, heat 1tsp olive oil & sauté 1 roughly chopped yellow onion for 3-4 minutes or until a slight change in color.

Add 2-3 peeled & chopped sweet potatoes, 1 clove garlic & 3c broth. Cover, turn heat to medium, cook 30 min, set aside to cool for 10 min. before pureeing. (2)



## **Salad (5)**

Layer in container as follows:

1/2 mixed greens

1/2 pomegranate arils

1/4c chopped walnuts

2oz blue cheese,

Repeat layers. [\*] (5)



### **Baked Apples (8)**

Place the following in a blender:

1/4c coconut oil + 1/4c dates, pits removed (~5 large) + 1/4c dried cranberries + 1/2 c walnuts+ 1t vanilla  
Blend until roughly chopped.

Cut apples in half and scoop out center seeds.

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

### **Pear Soup (2)**

Place the following in a blender:

- cooked sweet potato, onion & garlic
- 1 peeled/chopped pear
- 2 tsp fresh ginger, peeled & roughly chopped (optional)
- 1/4 tsp salt

Blend until smooth, adding water/ broth as needed for desired consistency. Season to taste as needed. [\*] (2)

### **Romesco Sauce (1,3)**

Place the following in a blender:

- 1/4c olive oil
- roasted tomatoes (option to remove peel), garlic & bell pepper
- 1/4c toasted almonds & hazelnuts (option to remove peel)
- 1 tsp red wine vinegar (or sub apple cider vinegar)
- 1 tsp paprika
- 1/4 tsp salt

Blend until just smooth or desired consistency. Season to taste w/ additional salt or a splash of vinegar.

Spread salmon fillets w/ 1-2T sauce per fillet. [\*] (1)

Store remaining Romesco for flank steak. [\*] (3)



**Balsamic Vinaigrette:** Whisk together: 1/2c olive oil + 1/4c balsamic vinegar [\*] (5)

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

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# January Menu, Week 1 - PALEO: Dish Day



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Meal Plans

## Day 1

### Romesco Baked Salmon w/ Acorn Squash & Sautéed Mushrooms (1)

1. Pre-heat oven to 425 F. Place acorn squash crescents on a baking sheet in a single layer & roast for 20-30 minutes.
2. Bake salmon for ~16-18 minutes or cooked through/ flaky.
3. Heat 1-2tsp butter or olive oil in a large sauté pan. Cook 16oz sliced mushrooms for 10-12 min, season w/ S&P.

## Day 2

### Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup (2)

1. Pre-heat oven to 425 F.
2. Pat drumsticks dry w/ a paper towel. Season w/ fresh ground pepper & salt; place in single layer on baking sheet.
3. Bake drumsticks for 35-40 min or cooked to 165 F.
4. Heat soup on stovetop over medium, stirring occasionally, until heated through.

## Day 3

### Flank Steak w/ Romesco Sauce, Plantains & Sautéed Spinach (3)

1. Heat 1T coconut oil in a grill pan and cook flank steak 4-5/ min per side for med-rare. Set aside to rest for 3-4 min.
2. Heat 2T coconut oil in lg sauté pan. Add plantain slices, cook 3-4 min/ side or until browned. Season w/ salt & scoot to side.
3. In same saute pan, add ½T oil. Add ~10oz spinach (save 2 handfuls for smoothie, 6), cover & cook 3-4 min. Season w/ S&P.

## Day 4

### Bison, Potato & Collards Soup (4)

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

## Salad

### Mixed Greens w/ Pomegranate, Blue Cheese & Walnuts (5)

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

## Breakfast

### Mixed Berry Green Smoothie (6)

1. Place 2c water (or OJ, milk, etc) + 8oz frozen mixed berries in a large blender. Blend on high until smooth.
  2. Add 2 bananas & 2 large handfuls spinach, blend on high until smooth. Add more liquid as needed for desired consistency.
- Note: depending on blender size, may need to blend above in multiple batches. Serves ~4.

## Snack

### Cheese & Olives (7)

## Dessert

### Cranberry-Walnut Baked Green Apples (8)

1. Bake, covered, in pre-heated 375 F oven for 30-35 min. Remove cover in final 5-10min.