



January Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Blackened Catfish w/ Collards & Mashed Cauliflower
2. Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes
3. Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce
4. Meal 4: Chipotle Bison Veggie Chili
5. Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts w/ Balsamic Vinaigrette
6. Breakfast: Hard Boiled Eggs & Cuties
7. Snack: Pears w/ Almond Butter
8. Dessert: Chocolate Pudding



Veggies

1 bunch collards (1)
1 head cauliflower (1)
4 x lg beets (5)
(2 red, 2 golden if avail)
3 x lg, ripe avocados (8)
1 x small fennel bulb (5)
1 x bag spinach (2)
1 x red, 1 x yellow, 1 x green
bell pepper (4)
2 x 8oz sliced mushrooms (3)
(16oz total)
1 x head garlic (1,3,4)
2 x lg sweet potatoes (2)
1 x lg yellow onion (3,4)
1-2 x spaghetti squash (3)
(~4#)
5oz mixed salad greens



Meats

1# grass-fed, organic ground
beef, 95% (3)
1 # ground bison (4)
4 organic boneless, skinless
chicken breasts (~1#) (2)



Fish

1.5-2# fresh catfish fillets (1)
(option: sub cod, tilapia or
salmon)



Dairy (optional)

6oz soft goat cheese (2,5)
~4oz Parmesan cheese (3)
~4oz Jack cheese (4)



Nuts & Dried Fruits

1/2c walnuts (5)
1c medjool dates (8)
1/2c almond butter (7)



Pantry

1 dried chipotle pepper (4)
25-32 oz tomato sauce or
pureed tomatoes* (3)
28oz can fire roasted tomatoes
(4)
1T vanilla extract (8)
1/2c cocoa powder (8)
1/2c coconut milk (can) (8)
(OR almond, soy, dairy, rice)
1/4c sundried tomatoes (2)
(packed in olive oil)

Cans: prefer no-salt added
& BPA-free (ex, Eden)



Fruits

1 bag of cuties (6)
(clementines)
4x pears (7)
(bosc or your preferred type)



Eggs

8 eggs (6)



Oils & Vinegars

~3/4c olive oil
~1/3c balsamic vinegar (5)



Spices

2T chili powder (4)
6T herbs de provence (2,3)
(or Italian herb blend)
2tsp paprika (1)
2tsp garlic powder (1)
1tsp thyme (1)
1/4tsp cayenne (1)

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



January Menu, Week 2 - Paleo: Prep Day



Paleo & Gluten Free
Meal Plans



Pre-heat oven to 375 F. (1,3,4,5)

Spaghetti Squash: Pierce the spaghetti squash with a knife and roast whole for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Take halved spaghetti squash (already cooked & cooled) and remove seeds. Then scoop out squash. [*] (3)

Cauliflower: roughly chop cauliflower and place in a large steamer or soup pot. (1)



Eggs: Place 8 eggs in a small pot, add cold water to cover, place on stovetop, turn heat to high and bring to a boil, lower the heat and simmer for 1 minute. Turn off heat and cover pot with a lid. Let sit for 15-20 minutes, while eggs continue to cook. [*] (6)

Spinach: Place spinach in a steamer filled with ~3c hot water and steam for 4-5 minutes or until wilted. (2)

Chipotle: Place dried chipotle pepper in remaining hot steam water (~3 cups hot water) and allow to re-hydrate. (4)

Cauliflower: boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Set aside to cool. (1)



Beets (5)

Peel beets and dice into 1/2" cubes. Toss + 1-2T olive oil +S&P. Roast for 40-45min at 375 F, removing 1/2 way through and toss. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



Onion: Dice 1 onion, set aside 1/2 for tomato sauce & 1/2 for chili (3,4)

Bell Pepper: Finely dice all 3 bell peppers (4)

Garlic: Finely chop 5-10 cloves garlic for a total of 3T, 1T for chili, 1T for collards & 1T for tomato sauce. (1,3,4)

Collards: Remove leaves from collards (saving stems) and roughly chop. Place in a container w/ 1T garlic. [*] (1)

Collard Stems: Finely dice the collard stems. (4)



Chili (4): In a large pot, sauté ground bison for 5 min. Add bell peppers, diced 1/2 onion, collard stems & 1T garlic in 1tsp oil for 10 min. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat). Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chili to sautéed veggies.

Add 28oz fire roasted diced tomatoes and 2T chili powder. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or stock as needed. Continue to cook for 30m-1 hour. Season w/ chili powder, S&P as needed. Remove from heat, cool. [*] (4)



Marinara Sauce: In a large sauté pan, add beef, 1T garlic, chopped onion, 2 x sliced mushrooms, sauté 15 min, breaking apart meat. Add 25-32oz tomato sauce/pureed tomatoes, season w/ 2-3T herbs de provence, S&P to taste. Stir, remove from heat & cool. [*] (3)



Salad: Remove top of fennel, leave only white bulb, thinly slice (works well on a mandolin). Roughly chop walnuts. Set aside. (5)

Sweet Potato: Cut sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T herbs de provence, S&P. [*] (2)

Spinach: Squeeze excess water from steamed spinach (cooked spinach should be ~1/4c in size). (2)

Chicken: Roughly chop 1/4c spinach & 1/4c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese, set aside. (2)



Stuffed Chicken: Place chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of large cutting board. Pound chicken using a mallet until thin. Spread each breast w/ ~2T tomato, spinach, goat cheese filling and roll tightly. [*] (2)

Catfish: (1)

Mix together the following

2tsp paprika

2tsp garlic powder

1tsp thyme

1/2tsp salt

1/4tsp cayenne

~1/4tsp fresh ground black pepper

Spread evenly over catfish fillets. [*] (1)

Salad (5)

Layer the following:

- 1/2 tub mixed salad greens

- 1/4 - 1/2c thinly sliced fennel

- 1/4 c chopped walnuts

- 1/2 roasted beets

- 2oz crumbled goat cheese

Repeat layers. [*] (5)



Balsamic Dressing: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (5)



Chocolate Pudding (8)

In a blender add:

1/2 cup coconut milk or milk of choice

1T vanilla

3 avocados

1/2 cup cocoa

1c pitted dates

Puree on low, gradually increasing speed, blend all until smooth, adding more milk if needed for smooth consistency [*] (8)

Cauliflower: place cooked cauliflower in a food processor or blender without liquid, add 1/4c water (or stock), blend until just smooth. Season w/ S&P. [*] (1)

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

© 2016 by Prep Dish. All rights reserved.

Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD



January Menu, Week 2 - Paleo: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Blackened Catfish w/ Collards & Mashed Cauliflower (1)

1. Pre-heat oven to 425 F. Place cauliflower, covered, in oven for ~30-40 minutes (or heat on stovetop/ in microwave).
2. Heat 1t oil in a large sauté pan over high heat, add garlic & collards, turn to med-high heat.
3. Add ½c water to the collards and sauté for 15-20 minutes or until wilted & cooked down. Season to taste w/ salt & pepper.
4. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 min (for thicker, larger fish).

Day 2

Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Sweet Potatoes (2)

1. Pre-heat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, remove from oven and toss halfway through cooking.
3. Place chicken in an oiled baking pan, bake for 30-35min or until cooked through & no longer pink (internal temp: 165F).

Day 3

Spaghetti Squash w/ Beef & Mushroom Marinara Sauce (3)

1. Pre-heat oven to 350 F.
2. Place spaghetti squash and tomato sauce in oven-safe containers and place in oven to re-heat, 50-60min.
3. Temporarily remove sauce from oven to stir, halfway through warming.
4. To serve scoop out spaghetti squash & top w/ tomato sauce. Option to grate parmesan overtop.

Day 4

Bison Chili (4)

1. Place in large pot on stovetop, re-heat over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency. Option to serve topped with jack cheese.

Salad

Salad w/ Beets, Shaved Fennel, Goat Cheese & Walnuts w/ Balsamic Vinaigrette (5)

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

Breakfast

Hard Boiled Eggs & Cuties (6)

Snack

Pears & Almond Butter (7)

1. Slice pears and serve w/ 1-2T almond butter per pear.

Dessert

Chocolate Pudding (8)