



Paleo & Gluten Free
Meal Plans

January Menu, Week 3 - Paleo: Grocery List

Serves 4

1. Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash
2. Meal 2: Maple Mustard Pork Loin w/ Roasted Carrots & Parsnips
3. Meal 3: Shepherd's Pie
4. Meal 4: Tom Kha Gai Soup
5. Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds
6. Breakfast: Sausage, Collards & Feta Frittata
7. Snack: Kiwi + Pistachios
8. Dessert: Honey Broiled Grapefruit



Veggies

1 bulb garlic (4,6)
1x 3" knob ginger (4)
1 red bell pepper (4)
1 jalapeño (4)
1c shiitake mushrooms (4)
1 stalk lemon grass (4)
(optional)
Green onion (4)
1-2 avocado (5)
1# carrots (2,3,4)
2 x lg parsnips (2)
1 x collards (6)
2 x cauliflower (3)
2 x broccoli (1,3)
2x yellow onion (3,4,6)
5oz mixed greens (5)
1x 2# pre-cut butternut
squash (1) (or 1 whole)



Meats

1-1.5# pork loin (2)
1# ground lamb (3)
½ # raw sausage (6)*
1 bone-in, skin-on chicken
breast (4)
1 bone-in, skin-on chicken
leg (4)



Dairy (optional)

4oz feta crumbles (6)



Pantry

4c chicken broth (3,4)*
11oz full fat coconut milk (4)
¼c grainy mustard (2)
2T maple syrup (2)
4T honey (8)
2T tomato paste (3)



Fish

4 x salmon fillets, skin re-
moved (1)



Nuts & Dried Fruits

2c pistachios (in shell) (7)
½c sunflower seeds (5)
1.5c almonds (1)



Spices

1T chili powder (1)*
1T paprika (1)
1T cumin powder (1)
~3T basil (1,2,3)
1tsp thyme (3)



Fruits

4 grapefruit (8)
8 kiwi (7)
1c seedless grapes (5)
2 limes (4)



Eggs

10 eggs (omega-3) (1,6)



Oils & Vinegars

~½c olive oil
¼c balsamic vinegar (5)
1T coconut oil (4)

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



January Menu, Week 3 - Paleo: Prep Day



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Pre-heat oven to 350 F. (6)



Grapefruit: cut in half (straight down the middle) loosen segments with a knife. Top each w/ 1-2T honey. [*] (8)

Garlic: finely chop 4-6 garlic cloves, set aside ½ for soup (4) & ½ for frittata (6). (4,6)

Collards: separate stems from leaves. Finely chop both and set aside. (6)

Onion: finely chop 1 onion, set aside ½ for soup (4) & half for frittata (6), chop remaining 1 onion for shephard's pie (3). (3,4,6)

Soup: finely chop 1 carrot, 1 red bell pepper & 1c shiitake mushrooms; peel & finely chop ginger (to yield ~1T). Set aside. (4)

Soup: remove outer layer of lemon grass, bruise by pounding with a meat tenderizer, keep whole. Set aside. (4)

Soup: remove/ discard jalapeño seeds, finely chop remaining jalapeño. Finely chop white part of green onions. Set aside. (4)

Soup: chop green part of green onions, store. [*] (4)

Cauliflower: Roughly chop 2 heads of cauliflower into ~2" pieces. (3)

Carrots & Parsnips: cut 3 large carrots & 2 parsnips into bite-sized pieces (~1"), toss w/ 2T olive oil + 1T basil + 1t salt. [*] (2)

Carrots: finely chop remaining carrots (~2-3) and set aside for Shepherd's Pie. (3)

Broccoli: cut 1 bunch into small ½" pieces (~2c), set aside for Shepherd's Pie (3). Cut remaining into 1" pieces (1). [*] ((1,3)

Butternut Squash: If not pre-cut, peel, remove seeds & cut into small, 1" pieces. Toss w/ 2T olive oil + 1T basil + S&P. [*] (1)

Grapes: Cut grapes in half for a total of 1c, set aside. Store any leftover grapes for snacking. (5)



Soup (4)

Heat 1T coconut oil in large soup pot over medium-high heat. Add chicken leg & breast, sear 1-2 min skin side down, flip. Add all chopped veggies (garlic, ginger, onion, bell pepper, carrot, mushrooms, jalapeno, white part of green onion & lemon grass). Cook 5 minutes. Add 3.5c chicken broth (reserving ½c for the Shepherd's Pie) & coconut milk. Cook 20 minutes over medium. Remove chicken and allow to cool, ~5 minutes. Cut meat from chicken and return to soup. Add juice + zest of 1 lime. Season to taste with salt as needed. Cool & store. [*] (4)

Cauliflower (3)

Steam or boil 2 chopped cauliflower heads for ~30 minutes or until cooked through/ a knife inserts easily. Set aside. (3)



Frittata: heat 1tsp oil in sauté pan, add sausage + collards + ½ yellow onion + garlic. Cook 10-12 min, crumbling meat. Cool. (6)

Shephard's Pie (3):

Add 1# ground lamb + 1tsp dried thyme + 1tsp dried basil + S&P to a large sauté pan over med-high heat, break apart meat.

Add 1 chopped yellow onion + chopped carrots & broccoli and cook for 10 minutes or until onions are translucent.

Add ½c chicken broth + 2T tomato paste and cook 5 more minutes. Season to taste w/ S&P. Set aside. (3)



Frittata (6)

Whisk 8 eggs in a large bowl. Season w/ fresh ground pepper.
Stir in sautéed sausage, collards, onions & garlic, & 4oz feta crumbles.
Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.
Bake at 350 F for 34-38 minutes or until no longer jiggly. Allow to cool. [*] (6)



Almond Salmon (1)

1.5 cup almonds
1T chili powder
1T paprika
1T cumin powder
Blend above until almonds are roughly to finely chopped.
Place almonds in a shallow bowl. In a separate shallow bowl, place 2 eggs, whisked.
Dredge salmon in the following order:
1: eggs
2: almond crust
Place in container. Repeat steps until all fillets are covered and placed in container. [*] (1)

Cauliflower(3)

Place steamed cauliflower pieces in food processor (or blender), puree until just smooth, add water as needed for smooth consistency. Season w/ S&P. (3)



Salad (5)

Layer in container as follows:
1/2 mixed greens
1/2c chopped grapes
1/4c sunflower seeds
Repeat layers. [*] (5)

Shepherd's Pie (3)

In a small 8x8" pan, layer the meat followed by the mashed cauliflower. [*] (3)



Maple-Mustard (2)

1/4c grainy mustard
2 Tbsp maple syrup
Whisk together and coat pork loin evenly. [*] (2)

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

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

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January Menu, Week 3 - Paleo: Dish Day



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Day 1

Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash (1)

1. Pre-heat oven: 400 F. Place butternut squash in single layer on baking sheet. Roast 30-35 min. (remove and toss 1/2 through)
2. Roast salmon at 400 F for 18-22 minutes or cooked through/ flaky. Steam (or boil) broccoli for ~5min & season w/ S&P.

Day 2

Maple Mustard Pork Loin w/ Roasted Carrots & Parsnips (2)

1. Pre-heat oven to 425 F.
2. Remove pork from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast pork & veggies for ~30-40 minutes or pork is cooked through (145 F).

Day 3

Shepherd's Pie (3)

1. Pre-heat oven to 375 F, bake, covered, 40-50 minutes or heated through. Option: uncover during final 5-10min of baking.

Day 4

Tom Kha Gai Soup (4)

1. Re-heat on stovetop over low-medium until bubbly and heated through. Remove & discard whole piece of lemon grass.
2. Serve with lime wedges & chopped green onion on top.

Salad

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

1. Let vinaigrette come to room temp and shake well. Dice avocado(s) and add to salad.

Breakfast

Sausage, Collards & Feta Frittata (6)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through.
OR re-heat individual slice for 5-10 minutes in toaster oven or 1-2 minutes in microwave

Snack

Kiwi + Pistachios (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + 1/2c pistachios (in shell).

Dessert

Honey Broiled Grapefruit (8)

1. Pre-heat broiler. Broil grapefruit for 8-10 minutes or until lightly browned.