



Paleo & Gluten Free  
Meal Plans

# January Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Mexican Pork Stew
2. Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles
3. Meal 3: Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges
4. Meal 4: Pesto Salmon w/ Roasted Tomatoes & Mushrooms
5. Salad: Mixed Greens w/ Raspberries, Feta & Pistachios
6. Breakfast: Baked Apples w/ Walnuts & Cherries
7. Snack: Baby Carrots w/ Tahini
8. Dessert: Dark Chocolate + Almonds



## Herbs

1 bulb garlic (1,2,3,4)  
1 bunch cilantro (1,3)  
1 bunch basil (2,4,7)



## Meats

4 boneless, skinless chicken breasts (2)  
1-1.5# pork stew meat (1)



## Dairy (optional)

4oz feta crumbles (5)  
1oz parmesan (2,4)



## Pantry

~1/2 c tahini (7)  
high quality dark chocolate bar or squares (8)  
1t vanilla (6)  
4c chicken broth (1)\*



## Veggies

1 bag baby carrots (7)  
2 carrots (1)  
2 jalapeños (1,3)  
1 head broccoli (3)  
2 pints cherry tomatoes (4)  
2 bell peppers (1)  
1 red onion (1)  
2 pints whole baby bella mushrooms (4)  
2-4 x large zucchini (2)  
2-3 large sweet potatoes (3)  
5oz bag spinach (2,4)  
5oz mixed greens (5)



## Fish

1.5# shrimp, peeled, deveined, tails removed (3)  
4x salmon fillets (4)



## Nuts & Dried Fruits

1c almonds (8)  
1 1/2c walnuts (2,4,6)  
1/2c pistachios (5)  
1/4c dried cherries (6)\*  
1/4c medjool dates (6)



## Spices

1tsp cinnamon (6)  
2T chili powder (1)\*  
1T cumin powder (1)  
1tsp cayenne (1)



## Fruits

1c raspberries (5)  
4 apples (6)  
1 lemon (2,4)  
5 limes (1)  
1 orange (3)



## Oils & Vinegars

~3/4c olive oil  
3/4c coconut oil (3,6)  
1/4c balsamic vinegar (5)

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



# January Menu, Week 4 - Paleo: Prep Day



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**Mushrooms & Tomatoes:** Quarter mushrooms, toss w/ cherry tomatoes + 2T olive oil + S&P. [\*] (4)

**Zucchini:** Slice zucchini into long spaghetti-like strips (best done on a spiralizer or mandolin); chop 2 cloves garlic. [\*] (2)

**Broccoli:** cut into bite-sized pieces. [\*] (3)

**Sweet Potato:** cut into 1/2" wedges (thick fries), toss w/ 2-3T olive oil, S&P. [\*] (3)

**Jalapeño:** remove seeds & white veins (include for heat); finely dice 1 for Stew (1); roughly chop 1 for Marinade (3). (1,3)

**Stew:** Dice 2 carrots, 2 bell peppers, 1 red onion & chop 2 cloves garlic. Store veggies + jalapeño from above together. [\*] (1)

**Cilantro:** set aside a large handful for shrimp marinade (3), chop any remaining cilantro to serve with stew. [\*] (1)



## Mexican Stew (1)

Whisk together:

juice of 3 limes (~2T) + ~1T chopped garlic + 2T chili powder + 1T cumin powder + 1tsp cayenne pepper (optional for heat). Toss above together with pork stew meat. [\*] (1)

NOTE: If eating stew on Prep Day, toss veggies + meat + broth into a crockpot or soup pot and cook 4-8 hrs. Otherwise store for dish day.



## Spinach Pesto (2,4)

Blend the following until smooth:

1 garlic clove

1c walnuts

1oz parm

large handful fresh basil

1 bag spinach 5oz

1/4c olive oil

1T lemon juice (juice of 1 lemon)

4T water, or as needed for a smooth consistency

Coat 4 chicken breasts in 1/2c pesto (~2T/ breast). [\*] (2)

Store remaining pesto for salmon. [\*] (4)

## Shrimp Marinade (3)

Blend the following until roughly combined:

1 clove garlic

1 jalapeño (no seeds or white part; option to add gradually for heat)

zest & juice of 1 orange

large handful fresh cilantro

1/2c coconut oil (or olive oil)

1tsp salt [\*] (3)



### **Baked Apples (6)**

Place in a blender:

1/4c coconut oil

1/4 c dates, pits removed (~5 large)

1/4c dried cherries

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 tsp cinnamon. Cover with foil. [\*] (6)



### **Salad (5)**

Layer in container as follows:

1/2 mixed greens

1/2c raspberries

2oz feta crumbles

1/4c pistachios,

Repeat layers. [\*] (5)



**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 4 - Paleo: Dish Day



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## Day 1

### Mexican Pork Stew (1)

1. Place seasoned pork + chopped veggies + 4c chicken broth in a crockpot on high for 4-8 hours.  
OR cook on stovetop in a soup pot over low heat for 2-3hours.  
(Optional: before adding to crockpot, add 2tsp oil to a sauté pan and sear meat, 2-3min, remove, add veggies, sauté 4-5 min.)
2. Serve stew topped with chopped cilantro & fresh lime wedges on the side.

## Day 2

### Spinach Pesto Chicken w/ Zucchini Noodles (2)

1. Pre-heat oven to 375 F. Bake chicken for ~30-35 min or cooked through to 165 F.
2. Heat 1t olive oil over med-high heat. Sauté zucchini & garlic for 3-4 minutes.

## Day 3

### Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges (3)

1. Pre-heat oven to 425 F. Toss chopped broccoli w/ 1-2T marinade. Marinate shrimp in remaining marinade for ~30min.
2. Roast sweet potato in a single layer for 30 minutes or cooked/ lightly browned.
3. Place broccoli & shrimp in single layer on a sheet pan & roast for 15 minutes or cooked through.

## Day 4

### Pesto Salmon w/ Roasted Tomatoes & Mushrooms (4)

1. Pre-heat oven to 425 F. Spread 1-2T on each salmon fillet.
2. Roast tomatoes & mushrooms for 30 minutes. Bake salmon for 18-20 minutes.

## Salad

### Mixed Greens w/ Raspberries, Feta & Pistachios (5)

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

## Breakfast

### Baked Apples w/ Walnuts & Cherries (6)

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

## Snack

### Baby Carrots w/ Tahini (7)

## Dessert

### Dark Chocolate + Almonds (8)

1. Eat 1-2oz dark chocolate with up to 1/4c almonds.