



Paleo & Gluten Free
Meal Plans

May Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Shrimp Cobb Salad
2. Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus
3. Meal 3: Grassfed Steaks w/ Baked Potatoes & Green Beans
4. Meal 4: Mediterranean Frittata
5. Salad: Spinach, Oranges, Fennel & Avocado
6. Breakfast: Grain-Free Cranberry-Pecan Granola
7. Snack: Hard Boiled Eggs
8. Dessert: Dark Chocolate & Pistachios



Herbs

1 bulb garlic (4)



Meats

4 x tenderloin steaks (3)
5-7oz each, grass-fed
4 x boneless, skinless chicken
breasts, 5-7oz each (2)
4 thin slices bacon (1)



Dairy (optional)

4oz blue cheese crumbles (1)
4oz feta crumbles (4)
milk or yogurt of choice for
granola (6)



Pantry

1 can artichoke hearts (4)
(14oz can, 8oz drained wt)
1/2c sliced kalamata olives (4)
1/4c grainy mustard (2)
2T honey (2)
4oz dark chocolate (bar or
individually wrapped) (8)



Veggies

4 avocados (1,5)
1 x sm fennel bulb (5)
2 pint cherry tomatoes (1,4)
1 x romaine lettuce (1)
1 x asparagus (2)
3-4c green beans (3)
1 x red onion (4)
4 x sm baking potatoes (3)
3 lg Hannah sweet potatoes (2)
(or sub with jewel)
2x 5oz baby spinach (4,5)



Fish

1# shrimp, peeled/
deveined (1)



Nuts & Dry Fruit

2c pecans (6)
1c walnuts (6)
2c pistachios, in shell (8)
1/2c dried cranberries (6)*
1c dates (6)



Spices

1/4c steak seasoning (3)*
1/2T basil (1)
1T tarragon (2)
1T herbes de Provence (4)*
(OR sub w/ Italian seasoning)



Eggs

18 eggs (omega-3) (1,4,7)



Fruits

2 x oranges (5)
1 pint strawberries (4)
4 bananas or fruit of choice
to serve with granola (6),
optional



Oils & Vinegars

~1 1/2c olive oil
1/4c coconut oil (6)
1/4c balsamic vinegar (5)
1/4c red wine vinegar (1)

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



May Menu, Week 1: Prep Day



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Pre-heat oven to 375 F. (3,4,6)



Baked Potatoes: Pierce 4 baking potatoes with a fork. Bake at 375F for 55min- 65min or until soft/ cooked through. Cool. [*] (3)



Frittata: finely chop 1 red onion + 2 cloves garlic + 1 can drained artichoke hearts. Cut 1 pint tomatoes in half. Set aside. (4)

Side Salad: peel & cut 2 oranges into small segments; thinly slice 1 fennel, bulb only (works well using a mandolin). Set aside. (5)

Green Beans: cut ends off of 3-4c green beans. Toss w/ 1T olive oil, salt & pepper. [*] (3)

Asparagus: cut ends off of 1 bunch asparagus. Toss w/ 1T olive oil, salt & pepper. [*] (2)

Sweet Potatoes: peel & cut 3 sweet potatoes into small, 1/2" cubes. Toss w/ 1-2T olive oil + 1T tarragon + S&P. [*] (2)

Cobb Salad: finely chop 1 head romaine lettuce. Cut 1 pint cherry tomatoes in half (or quarter for larger tomatoes). Set aside. [*] (1)



Frittata (4)

Heat 1tsp oil in lg sauté pan, med-high heat. Add 1 chopped red onion, 1 pint cherry tomatoes, halved & 2 chopped cloves garlic + 1T herbes de Provence + S&P. Cook for 6-8 min. Add 5oz tub baby spinach + 1 can chopped artichoke hearts + 1/2c sliced kalamata olives, cook for 2 more min. Set aside/ cool. (4)



Eggs: Place 10 eggs in a pot & cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (1,7)

Shrimp: Bring a med pot of water to a boil. Add 1# shrimp and cover. Remove from heat and cook 10min or just cooked. [*] (1)



Bacon: Bake 4 slices in single layer on sheet pan, ~20min or cooked/ crispy, Set aside. [*] (1)

Option: bake any remaining bacon to eat with breakfast this week or to stir into frittata, below.

Frittata (4)

In a large bowl, whisk together 8 eggs

Stir in:

Sautéed veggies (from above)

4oz crumbled feta (optional)

S&P

Put into well-oiled 9x9" pan or pie pan and bake at 375F for 30-35min or no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. (4) [*]



Granola (6)

Place the following in a food processor or blender:

1c dates (pits removed)

2c pecans

1c walnuts

½c cranberries

¼c coconut oil (or butter)

Blend until chopped and combined.

Place in a single layer on a baking sheet. Bake at 375 F for 10-15 minutes or until just toasted. Allow to cool.

Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months. (6)



Chicken (2)

Whisk together:

¼c grainy mustard

2T honey

1T olive oil

Pour over chicken breasts. [*] (2)

Grass-Fed Steak (3)

Coat each steak w/ ~1T steak seasoning. [*] (3)

Side Salad (5)

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

½ 5oz tub of baby spinach

2 oranges, segmented

½ chopped fennel bulb

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together:

½ cup oil

¼c balsamic vinegar

pepper [*] (5)

Red Wine Vinaigrette (1)

Whisk together:

½ cup oil

¼c red wine vinegar

½T dried basil

pepper [*] (2)

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



May Menu, Week 1: Dish Day



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Day 1

Shrimp Cobb Salad (1)

1. Bring red wine vinaigrette to room temp (~20 min). Slice 2 avocados. Peel & quarter 2 hardboiled eggs.
2. Toss chopped romaine + tomatoes with avocado + shrimp + eggs + crumbled bacon + blue cheese. Top w/red wine vinaigrette.

Day 2

Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus (2)

1. Pre-heat oven to 375 F.
2. Roast potatoes for 30-40 min or just browned/ cooked through (remove and toss halfway through cooking).
3. Bake chicken for ~35min or cooked through to 165.
4. Roast asparagus for 10-12 min.

Day 3

Grassfed Steaks w/ Baked Potatoes & Green Beans (3)

1. Pre-heat oven to 400 F. Place baked potatoes in oven for ~20 minutes or heated through.
2. Place green beans in oven (single-layer on sheet pan). Roast for ~20 minutes.
3. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Day 4

Mediterranean Frittata (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

Spinach, Oranges, Fennel & Avocado (5)

1. Let balsamic vinaigrette come to room temp, shake well. Dice 1-2 avocados.
2. Toss balsamic vinaigrette into salad (or add 1T/ serving). Add diced avocados.

Breakfast

Grain-Free Cranberry-Pecan Granola (6)

1. Option to serve over yogurt or with milk of choice and/or option to serve with sliced bananas or fruit of choice.

Snack

Hard Boiled Eggs (7)

Dessert

Dark Chocolate & Pistachios (8)

- 1 serving = 1oz chocolate + 1/2c pistachios (in shell, only 1/4c if no shell)