



Paleo & Gluten Free  
Meal Plans

# May Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Penne Pasta w/ Mushrooms, Spring Peas & Spinach
2. Meal 2: Cilantro-Lime Chicken over Mixed Greens w/ Black Beans, Jicama & Avocado
3. Meal 3: Grassfed Beef Tostados
4. Meal 4: Jalapeño Shrimp w/ Green Curried Rice Noodles
5. Salad: Mixed Greens w/ Strawberries, Pecans & Feta
6. Breakfast: Strawberry-Mango Smoothies w/ Peanut Butter
7. Snack: Carrots & Sunflower Butter
8. Dessert: Blueberry Crisp



## Herbs

1 bulb garlic (3)  
1 x cilantro (2,4)  
(1 lg bunch or 2-3 small)



## Fruits

1 x 8oz strawberries (5)  
10 x limes (2,4)  
2 x oranges (2)



## Dairy (optional)

4oz feta crumbles (5)  
4oz shredded cheddar (3)  
2oz parmesan (1)



## Pantry

3c lite coconut milk, unsweetened (4,6)\*  
1 box g-free penne pasta (1)\*  
1 box rice noodles (4)\*  
1c peanut butter (4,6)\*  
1 can refried beans (3)\*  
1 can black beans (2)  
8 corn tortillas (3)\*  
½c sunflower butter (7)  
1tsp vanilla (8)\*  
2tsp honey, optional (2)  
3T green curry paste (4)\*  
1T toasted sesame oil (4)  
1T low-sodium tamari (4)\*



## Veggies

4 x avocados (2,3)  
1 x jalapeño (4)  
1 bag baby carrots (7)  
1 large tomato (3)  
1 pint cherry tomatoes (2)  
1 x iceberg lettuce (3)  
1 x jicama (2)  
OR sub cucumber  
3 x 5oz sliced mushroom (1,3)  
1 bag baby spinach (1)  
2 x 5oz tub mixed greens (2,5)



## Meats

4 x boneless, skinless chicken breasts, 5-7oz each (2)  
1# grassfed ground beef (3)  
4oz chopped pancetta (1)\*  
(bacon also works well)



## Nuts & Dry Fruit

2c walnuts (8)  
½c chopped pecans (5)  
1c medjool dates (8)  
½c chopped peanuts (4)



## Frozen

2c frozen peas (1)  
2c frozen strawberries (6)  
2c frozen mangos (6)  
4c frozen blueberries (8)



## Fish

1# frozen shrimp (4)  
peeled, deveined &  
tails removed



## Oils & Vinegars

~2½c olive oil  
½c coconut oil (8)  
¼c balsamic vinegar (5)



## Spices

2T chili powder (3)\*  
OR taco seasoning\*

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



## May Menu, Week 3: Prep Day

Pre-heat oven to 375 F. (2)



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### Cilantro-Citrus Dressing (2)

Place in blender:

1c olive oil

¼c lime juice (~ 4limes)

¼c orange juice (~2 oranges)

2 handfuls cilantro (save ½ for shrimp marinade & garnish- 4)

2tsp honey, optional

1 tsp salt

Blend until cilantro is finely chopped. Store half for salad dressing. [\*] (2)

Marinate 4 chicken breasts in remaining dressing for a minimum of 30 minutes. (2)

**(Note: no need to clean blender for next marinade & sauce)**

### Jalapeño-Lime Marinade (4)

Place in blender:

½c olive oil

2T lime juice (~2-4 limes)

1 handful cilantro (save leftover for garnish- 4)

1 jalapeño, seeds removed, roughly chopped (keep a few seeds to add heat)

1 tsp salt

Blend until combined/ roughly chopped. [\*] (4)

### Green Curry Peanut Sauce (4)

Place in blender:

1 ½c lite coconut milk (Note: save remaining coconut milk for smoothie (6))

½c peanut butter

3T green curry paste

1T lime juice (~1-2 limes)

1T toasted sesame oil

1T low sodium tamari

Blend until combined. [\*] (4)



**Strawberries:** remove stem from 8oz of strawberries and slice into small, bite-sized pieces. Set aside. (5)

(Note: use any remaining strawberries in the smoothie (6) or save for snacking)

**Tostado:** chop 1 tomato & iceberg lettuce. Store separately. [\*] (3)

**Chicken Salad:** peel and grate (or finely chop) 1 jicama. Cut 1 pint cherry tomatoes in half (or quarters for larger tomatoes). [\*] (2)

**Garlic:** finely chop 2 cloves garlic for tostados. (3)

**Cilantro:** finely chop cilantro remaining, for 2-3T (will be used as garnish for noodles). [\*] (4)



### Tostados (3)

Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 2 chopped garlic cloves + 5oz sliced mushrooms, chopped + 2T chili powder, cook with beef for 8-10 min. Cool. [\*] (3)



### **Chicken (2)**

Remove from marinade and bake for 30-35 min or cooked through. Cool. [\*] (2)



### **Blueberry Crisp (8)**

Place in a blender:

½ c coconut oil

1c dates, pits removed (~5 large)

2c walnuts

1tsp vanilla

¼tsp salt

Blend until roughly chopped.

Place 4c blueberries in a small baking dish and top w/ crisp. [\*] (8)



### **Side Salad (5)**

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

½ tub of mixed greens

½c sliced strawberries

¼c chopped pecans

2oz feta crumbles

Repeat layers. [\*] (5)



### **Balsamic Vinaigrette (5)**

Whisk together:

½ cup oil

¼c balsamic vinegar

pepper [\*] (5)

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



# May Menu, Week 3: Dish Day



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## Day 1

### **Penne Pasta w/ Mushrooms, Spring Peas & Spinach (1)**

1. Bring large pot of water to boil.
2. Heat large sauté pan over med-high heat. Add 4oz chopped pancetta (or bacon), cook 4-5 minutes.
3. Add 2 5oz cartons sliced mushrooms + 1 bag spinach + 2c peas to sauté pan w/ pancetta. Cook 8-10 min. Season w/ S&P.
4. Cook g-free penne pasta according to package instructions. Drain and toss with veggies. Option: top w/ parmesan.

## Day 2

### **Cilantro-Lime Chicken over Mixed Greens w/ Black Beans, Jicama & Avocado (2)**

1. Let vinaigrette come to room temp, shake well. Toss into salad (or add 1T/ serving). Slice chicken & 2 avocados.
2. Top salad w/ chicken, 1 can black beans (drained and rinsed), jicama, cherry tomatoes & 2 sliced avocados.

## Day 3

### **Grassfed Beef Tostados (3)**

1. Pre-heat oven to 400 F. Put beef filling in a large sauté pan over med-high heat and re-heat for ~5 minutes.
2. Place corn tortillas on baking sheet & toast for 5 minutes. Slice 2 avocados and set aside.
3. Spread tortillas w/ refried beans + meat + cheese. Place in oven for 5min. Top w/ chopped tomato, lettuce & 2 avocados.

## Day 4

### **Jalapeño Shrimp w/ Green Curried Rice Noodles (4) **\*\*thaw shrimp in fridge for 12-48 hours\*\*****

1. Pre-heat oven to 425 F. Marinate thawed shrimp for 15-30 min while oven pre-heats.
2. Remove shrimp from marinade and bake for 12-15 minutes or just cooked (color will turn).
3. Cook rice noodles according to package instructions. Drain, toss w/ peanut sauce.
4. Top noodles w/ roasted shrimp & sprinkle w/ up to 1/2c chopped peanuts & cilantro. Option to serve w/ lime wedge.

## Salad

### **Mixed Greens w/ Strawberries, Pecans & Feta w/ Balsamic Vinaigrette (5)**

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T/ 1 serving of salad.

## Breakfast

### **Strawberry-Mango Smoothies w/ Peanut Butter (6)**

1. Place the following in a blender: 1 1/2c water + 1 1/2c coconut milk + 2c frozen strawberries + 2c frozen mango + 1/2c PB.
2. Blend until smooth. Add liquid as needed. Yields 4 servings. May need to blend in 2 batches depending on blender size.

## Snack

### **Carrots & Sunflower Butter (7)**

1 serving = carrots + 2T sunflower butter

## Dessert

### **Blueberry Crisp (8)**

1. Bake 375 F for ~30 minutes or warmed/ bubbly and crisp is beginning to brown.