



May Menu, Week 3 - PALEO: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Asparagus "Risotto"
2. Meal 2: Cilantro-Lime Chicken over Mixed Greens w/ Jicama & Avocado
3. Meal 3: Grassfed Beef & Mushroom "Tacos"
4. Meal 4: Jalapeño Shrimp w/ Green Curried Sweet Potato Noodles
5. Salad: Mixed Greens w/ Strawberries, Pecans & Feta
6. Breakfast: Strawberry-Mango Smoothies w/ Almond Butter
7. Snack: Carrots & Sunflower Butter
8. Dessert: Blueberry Crisp



Herbs

1 bulb garlic (1,3,4)
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)
1 x lemon (1)



Dairy (optional)

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



Pantry

3c canned lite coconut milk, unsweetened (4,6)*
1c almond butter (4,6)*
1/2c sunflower butter (7)
OR almond butter
1tsp vanilla (8)*
2tsp honey, optional (2)
3T green curry paste (4)*
1T toasted sesame oil (4)
1T coconut aminos (4)*



Veggies

4 x avocados (2,3)
1 x jalapeño (4)
1 bag baby carrots (7)
1 large tomato (4)
1 pint cherry tomatoes (2)
1 x cauliflower (1)
1 x asparagus (1)
1 x iceberg lettuce (3)
1 x romaine lettuce (3)
(or other lettuce for wraps)
1 x jicama (2)
OR sub cucumber
1 x 5oz sliced mushroom (3)
1 x red onion (1,2,3)
2 x 5oz tub mixed greens (2,5)
2 x sweet potatoes (4)



Meats

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



Nuts & Dry Fruit

2c walnuts (8)
1/2c chopped pecans (5)
1c medjool dates (8)
1/2c sliced almonds (4)



Fish

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



Frozen

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



Spices

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



Oils & Vinegars

~2 1/2c olive oil
1/2c coconut oil (8)
1/4c balsamic vinegar (5)

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



May Menu, Week 3 - PALEO: 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

1tsp 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)

1tsp salt

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

Green Curry Almond Sauce (4)

Place in a blender:

1½c lite coconut milk (Note: keep remaining coconut milk for smoothie (6))

½c almond butter

3T green curry paste

1T lime juice (~1-2 limes)

1T toasted sesame oil

1T coconut aminos

Blend until combined. [*] (4)

"Rice": Place 1 head cauliflower in food processor or blender, blend until rice-sized (do in small batches), set aside. (1)



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)

Lettuce Tacos: chop 1 tomato & 1 head 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 4-6 cloves garlic, set aside ½ for risotto (1) & ½ for taco (3). (1,3)

Red Onion: finely dice ½ red onion for risotto, set aside (1). Dice remaining ½ onion for salad & tacos, store (2,3). [*] (1,2,3)

Asparagus: remove & discard bottom 2" of asparagus. Finely chop remaining, set aside. (1)

Sweet Potato "Noodles": peel 2 sweet potatoes and spiralize into thin noodles. [*] (4)

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



"Risotto" (1)

Heat 1t olive oil in a large sauté pan, over med-high heat.

Add 2-3 garlic cloves, finely chopped, ½ chopped red onion & chopped 4oz pancetta (or bacon), sauté 5 min, stirring.

Add chopped asparagus & chopped cauliflower "rice". Cook another 3-5 minutes.

Season w/ zest of 1 lemon + juice from lemon (~1 tsp, to taste) + S&P. Allow to cool. [*] (1)

Tacos (3)

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

Add ½ onion + 2-3 garlic cloves (both chopped) + 5oz sliced mushrooms + 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 - PALEO: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Asparagus "Risotto" (1)

1. Heat 1tsp olive oil in lg sauté pan. Add risotto & cook until heated through 6-8 minutes. Option: top w/ fresh grated parmesan.

Day 2

Cilantro-Lime Chicken over Mixed Greens w/ 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, jicama, cherry tomatoes & 2 sliced avocados.

Day 3

Grassfed Beef "Tacos" (3)

1. Put beef filling in a large sauté pan over med-high heat and re-heat for ~5 minutes.
2. Slice 2 avocados.
3. Serve lettuce wraps w/ meat + cheese (optional) and serve w/ tomato, lettuce & sliced avocado.

Day 4

Jalapeño Shrimp w/ Green Curried Sweet Potato 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. Heat 1T coconut oil in lg saute pan & cook "swoodles" cover (stirring occasionally) ~5-10 min.
4. Place swoodles in bowl, toss w/ coconut sauce.
5. Serve swoodles topped w/ roasted shrimp, chopped cilantro & up to 1/2c sliced almonds. 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/ Almond Butter (6)

1. Place in a blender: 1 1/2c water + 1 1/2c coconut milk + 2c frozen strawberries + 2c frozen mango + 1/2c almond butter.
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.