



June Menu, Week 1: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Sesame Roasted Halibut w/ Quinoa & Broccoli w/ Cashews
2. Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini
3. Meal 3: Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa
4. Meal 4: Frittata w/ Arugula, Tomato, Mushrooms, Olives & Feta w/ Dilled Cucumbers
5. Salad: Blueberry, Walnut & Goat Cheese Salad
6. Breakfast: Tropical Breakfast Smoothie
7. Snack: Carrots Dipped in Dilled Yogurt
8. Dessert: Pineapple & Raspberry Popsicles



Herbs

- 1 x cilantro (2)
- 1 x fresh dill (4,7)
- 1 garlic (2,3,4)
- 2-3" knob ginger (3)



Fruits

- 1c fresh blueberries (5)
- 1c fresh raspberries (8)
- 1 lemon (2)
- 4 limes (2)
- 2 oranges (2)
- 1 fresh pineapple (2,8)



Dairy (optional)

- 8oz plain Greek yogurt (7)
(or alternative plain yogurt)
- 5oz goat cheese crumbles (5)
- 4oz feta cheese (4)



Pantry

- 2c quinoa (1,3)
- 13.5oz lite coconut milk (6,8)
- ~1/2c low-sodium tamari (1,3)*
- 1/4c sliced kalamata olives (4)
- 1T honey (4)



Veggies

- 4-6 large carrots (7)
- 1 pint cherry tomatoes (4)
- 2 heads broccoli (1)
- 1 tub sliced mushroom (4)
- 2 zucchini (2)
- 3 bell pepper (3) (mixed colors)
- 1 red onion (2,3,4)
- 1 cucumber (4)
(English preferred)
- 1 jalapeño (2)
- 1 tub mixed greens (5)
- 1 bag spinach (6)
- 5oz arugula (4)



Meats

- 4 chicken breasts, bone-in,
skin-on (2)
- 1.5# grassfed beef flapmeat (3)
(Option: ask butcher to slice
very thin "against the grain" or
buy stir fry meat)



Nuts & Seeds

- 1/2c walnuts (5)
- 1/2c cashews (1)
- 2T black sesame seeds (1)
(optional)



Spices

- 1T red chili flakes (3)
(optional)
- 2T dried parsley (4)
- 1/2 tsp garlic powder (7)



Eggs

- 10 eggs (4)
(omega 3)



Fish

- 4 x halibut fillet (1)
(OR salmon)



Oils & Vinegars

- ~3/4c olive oil
- ~1/2c toasted sesame oil (1,3)
- ~1/3c rice vinegar (1,4)
- 1/4c balsamic vinegar (5)



Frozen

- 1 -8oz bag tropical frozen fruit
(or mixed fruit of choice) (6)

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



June Menu, Week 1: Prep Day



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Pre-heat oven to 375 F. (4)



Quinoa: 4c water + 2c quinoa in large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally. (1,3)



Pineapple: Chop 1c pineapple into a fine dice (for salsa). (2) Cut the remaining pineapple into large chunks for popsicles. (8) (2,8)

Walnuts: Roughly chop 1/2c walnuts. (5)

Bell Pepper: Slice 3 bell pepper into long, thin strips. (3)

Carrots: Cut 4-6 carrots into 3" sticks for snacking. [*] (7)

Zucchini: Thinly slice, lengthwise, works well using a mandolin, ~1/2" thick. (2) Save leftover ends for smoothies. [*] (6)

Red Onion: Finely chop 1T red onion for salsa (2); Finely slice remaining onion. Set aside 1/2 for frittata (4). Store 1/2 for stirfry [*](3). (2,3,4)

Jalapeño: Remove seeds & finely chop for salsa (2).

Garlic & Ginger: Finely chop 2 cloves garlic for stir fry (3), 1 clove garlic for frittata (4), 2 cloves garlic for marinade (2). Peel & grate 2T fresh ginger (3). (2,3,4)

Cilantro: Finely chop 1T of cilantro for salsa. (2) Save remaining cilantro for marinade. (2)

Dill: Finely chop, setting aside 1T for cucumbers (4) and 1T for snack (7). (4,7)

Broccoli + Cashew: Chop 2 heads broccoli into 1" pieces. Roughly chop 1/2c cashews. Set aside (keeping separate). (1)

Beef: Thinly slice beef, cutting against the direction of the meat "grain". You should have super-thin, 2-3" strips. [*] (3)

Cucumber: Thinly slice 1 cucumber (this works well using a food processor or mandolin). Set aside. (4)



Frittata (4)

Sauté the following in lg sauté pan in 1/2T olive oil over med-high heat:

1/2 sliced red onion + 1 clove garlic + 1 tub sliced mushrooms + 1 pint cherry tomatoes + 2T dried parsley + S&P, for 8-10 min.

Add 5oz arugula & top with a lid for 1-2 minutes (may need to do in 2 batches).

Remove from heat and stir in 4oz feta + 1/4c sliced kalamata olives. Allow to cool.

In a large bowl, whisk together 10 eggs, season w/ S&P. Stir in cooked/ cooled veggies.

Put into well-oiled casseroles and bake at 375 F for 25-40 min or until no longer jiggly (time varies depending on depth of dish).

Allow frittata to cool. [*] (4)



Broccoli: steam or boil chopped broccoli 3-5min. Toss w/ 2T tamari + 2T rice vinegar + 1/2c chopped cashew. [*] (1)



Dilled Cucumbers (4)

In a large bowl, whisk:

1tsp salt + 1T honey + 1/4c rice or white wine vinegar + 1T chopped dill (loosely packed)

Toss together w/ sliced cucumbers. [*] (4)



Popsicles (8)

Blend ~2 cups pineapple chunks+ 1/2 can coconut milk until smooth, pour into Popsicle molds, filling 3/4 full. Gently add 4 raspberries to each popsicle pushing into popsicle. Place stick into popsicle and freeze. [*] (8)
Save remaining coconut milk for smoothies. [*] (6)

Chicken Marinade (2)

Blend the following until smooth:

Zest and juice of 2 limes

Zest and juice of 1 lemon

Zest of 1 orange

Handful of cilantro (remaining)

1/4c olive oil

1/4c water

1T salt

2 cloves garlic. [*] (2)



Salsa: Toss together 1c chopped pineapple, 1/2 jalapeño + 1T cilantro + 1T red onion + lime juice to taste (1-2t) + 1/8t salt. [*] (2)

Sesame Quinoa: Toss quinoa w/ 2-3T toasted sesame oil. [*] (3)

Stir Fry Sauce (3)

Whisk together:

1/4c low-sodium tamari (or other gluten-free soy sauce)

1T sesame oil

2T fresh grated ginger

2 cloves chopped garlic. [*] (3)

Salad (5)

Layer in container as follows:

1/2 mixed greens

1/2c blueberries

1/4c walnuts

1/2 goat cheese crumbles

Repeat layers. [*] (5)

Dilled Yogurt (7)

8oz full fat plain Greek yogurt + 1/2 tsp garlic powder + 1T chopped dill

Stir until smooth. Season to taste w/ fresh ground pepper & salt. [*] (7)



Balsamic Dressing: Combine 1/2 cup olive oil + 1/4c balsamic vinegar, add pepper to taste [*] (5)

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



June Menu, Week 1: Dish Day



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Meal Plans

Day 1

Sesame Grilled Halibut w/ Quinoa & Broccoli w/ Cashews (1)

1. Pre-heat oven to 400 F. Place quinoa for Day 1 in oven, covered & re-heat for 30-40 min or heated through.
2. Rub ~1T toasted sesame oil onto each halibut fillet. Option to also sprinkle w/ 1tsp black sesame seeds.
3. Option to heat broccoli in oven (~20 min) or eat cold. Bake halibut for 12-15 min or cooked/ flaky.

Day 2 **Note: requires 2-12hr marinating time, this is best done in the morning**

Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini (2)

1. Add chicken to marinade for 2-12 hours prior to grilling. Marinate in fridge.
2. Pre-heat grill to Med-high & grill chicken for ~5 min/ side or cooked through to 165F. (longer if bone-in)
3. Spray (or brush) zucchini lightly w/ oil and season w/ S&P. Grill for 4-6 minutes, flipping halfway through.
4. Serve chicken w/ pineapple salsa & grilled zucchini. Option to serve with any leftover quinoa from Day 1.

Option to start marinating beef for D3 tonight

Day 3 **Note: requires 30min-12hr marinating time, this is best done in the morning**

Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa (3)

1. Place sliced beef into stir fry sauce, marinate in refrigerator for at least 30 minutes (or up to 12 hours).
2. Heat Day 3 quinoa, covered, in 350 F oven for 30-40min (option to re-heat in microwave).
3. Heat 1 tsp oil (coconut or olive) in large sauté pan or wok over medium-high heat.
4. Cook onion & bell pepper 10min. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
5. Option to top stirfry w/ red chili flakes as desired. Serve immediately over quinoa.

Day 4

Frittata w/ Arugula, Tomato, Mushrooms, Olives & Feta w/ Dilled Cucumbers (4)

1. Cover with foil and re-heat in 350 F oven for 20-30 minutes or until heated through. Serve w/ cucumbers.

Salad

Blueberry, Walnut & Goat Cheese Salad (5)

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

Breakfast

Tropical Breakfast Smoothie (6)

1. Blend: ½ can coconut milk with 8oz bag frozen tropical fruit. When smooth, add 1 bag spinach and blend well. Option: blend with leftover zucchini scraps. Add water if needed for desired consistency. Yields: 4 servings.

Snack

Carrots Dipped in Dilled Yogurt (7)

Dessert

Pineapple & Raspberry Popsicles (8)