



June Menu, Week 3: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums
2. Meal 2: BBQ Shrimp w/ Polenta & Green Beans
3. Meal 3: Summer Pasta Salad
4. Meal 4: Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Lemon Raspberry Muffins
7. Snack: Watermelon
8. Dessert: Dark Chocolate & Macadamia Nuts



Herbs

- 1 x basil (3)
- 1 bulb garlic (2,3,4)
- 1 knob ginger (1)



Fruits

- 1 x watermelon (5,7)
- 4 x plums (1)
- 2 x lemons (3,6)
- 6 limes (1)
- 1/2 pint raspberries (6)



Dairy (optional)

- 8oz feta crumbles (3,5)



Pantry

- 1c organic cornmeal (2)
- 28oz can crushed tomatoes (2,4)
- 1 box gluten-free penne (3)*
- 4oz dark chocolate (bar or individually wrapped) (8)
- 1/4c sliced kalamata olives (3)
- muffin liners (6)
- 3/4c coconut flour (6)
- 1/2tsp baking soda (6)
- 1/2c honey (6)
- 1c almond flour (4)
- (OR 2T coconut flour)



Veggies

- 2 pints cherry tomatoes (3)
- 2 x 8oz sliced mushrooms (3)
- 1 small zucchini (3)
- 3-4c green beans (2)
- 1 x lg carrot (4)
- 4 x bell peppers (1)
- (mixed colors)
- 2-3 x lg Japanese or Hannah sweet potatoes (4)
- 1 x red onion (1,5)
- 5oz arugula (5)



Meats

- 1# ground turkey thigh (4)
- 1-1.5# grassfed flank steak (1)



Nuts & Dried Fruit

- 1/2c sliced almonds (5)
- 1/2c pinenuts, optional (3)
- 1c macadamia nuts (8)
- 1/4c medjool dates (2,4)



Shellfish

- 1-1.5# shrimp, peeled, deveined, tails removed (2)



Oils & Vinegars

- ~1c olive oil
- 1/2c coconut oil (6)
- 1/4c balsamic vinegar (5)
- 3T apple cider vinegar (2,4)



Spices

- 3T chili powder (2,4)*
- 1T tarragon (4)
- 1/4tsp cayenne (2,4)
- 1tsp turmeric (4)
- 1 dried ancho chili (2,4)
- (OR chipotle)



Eggs

- 7 eggs, omega 3 (4,6)

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



June Menu, Week 3: Prep Day



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



Polenta (2)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add 1/2t salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (2)

Ancho: Bring 1c water to boil. Place 1 dried ancho in water, top with lid, remove from heat, allow pepper to re-hydrate. (2,4)



Watermelon: cut 1c into small 1/2" cubes, set aside for salad (5). Cut remaining into wedges for snacking (7). [*] (5,7)

Japanese Sweet Potatoes: Peel & chop into 1" cubes. Toss w/ 1T olive oil + 1T tarragon. [*] (4)

Carrot: finely grate 1 large carrot, squeeze out any excess liquid, set aside. (I use a large cheese grater) (4)

Red Onion: thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [*] (1). (1,5)

Bell Peppers: quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [*] (1)

Plums: halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil.

Zucchini: cut into bite sized pieces, set aside. (3)



Lemon Raspberry Muffins (6)

In a large bowl, whisk together the following until smooth (or pulse together in a food processor):

- 3/4c coconut flour
- 1/2tsp salt
- 1/2 tsp baking soda
- 5 eggs
- 1/2c honey
- 1/2c coconut oil
- 1T lemon zest (reserve lemons for lemon basil sauce, 3)

Whisk above until smooth, then gently stir in 1/2 pint raspberries.

Pour into a lined muffin tin, about 3/4 full. Bake at 375 F for 20-25 minutes or tops spring back when touched. (6)



Summer Pasta (3)

Roasted Veg: toss 2 pints cherry tomatoes, 2 tubs sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P. Roast at 375 F in single layer on 1-2 sheet pans for 20-25 minutes. Cool, set aside.

Pasta: bring large pot of water to boil and cook 1 box gfree penne pasta according to package instructions.

Lemon Basil Sauce: In blender blend: 1/4c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss Pasta + Roasted Veggies + Lemon Basil Sauce + 1/4c sliced olives + 4oz feta cheese + 1/2c pine nuts. [*] (3)



BBQ Sauce (2,4)

3T apple cider vinegar (or red wine, rice, etc.)

28oz can crushed tomatoes

¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)

1 clove garlic

1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)

¼ tsp cayenne + 2 T chili powder + S&P to taste

Puree all in blender or food processor until smooth. Set aside 1¼c for meatballs (4). Store remaining (~1c) for shrimp. [*] (2)

Meatballs (4)

In a lg bowl combine:

1c almond flour (or 2T coconut flour)

2 eggs

1# ground turkey

1 grated carrot

1T chili powder

1tsp turmeric powder

1 tsp pepper

¼ cup BBQ sauce

Mix together all of the above (works best using hands). Form into 12 balls and top with 1c BBQ sauce. [*] (4)



Steak Marinade (1):

Whisk together:

½c olive oil

2-3T fresh grated ginger

2-3T lime juice (~6 limes)

½T salt

fresh ground pepper

Add flank steak to marinate for 4-48 hours. [*] (1)

Salad (5)

Layer in container as follows:

½ arugula tub

1T sliced red onion

½c chopped watermelon

¼c sliced almonds

2oz feta crumbles

Repeat layers (5). [*]



Balsamic Dressing (5)

½c olive oil + ¼c balsamic vinegar. (5)

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



June Menu, Week 3: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums (1)

1. Remove steak from marinade and grill for 4-6 minutes per side for med rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain. Season bell pepper & onion w/ S&P.

Day 2

BBQ Shrimp w/ Polenta & Green Beans (2)

1. Marinate shrimp in ½c reserved BBQ sauce for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
2. Warm polenta in oven, covered, ~30-40 minutes. Toss green beans w/ 1T olive oil S&P.
3. Place shrimp & green beans on sheet pans. Roast ~12 min or until shrimp are cooked. Serve shrimp with remaining BBQ sauce.

Day 3

Summer Pasta Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
2. Add pasta & veggies and sauté until heated through, ~6-8 minutes.

Day 4

Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes (4)

1. Pre-heat oven to 375 F and bake meatballs for 45 minutes or cooked through.
2. Roast sweet potatoes for 40-50 min, removing and tossing halfway through cooking

Salad

Arugula, Watermelon & Feta Salad (5)

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

Breakfast

Lemon Raspberry Muffins (6)

Note: I recommend putting remaining muffins into the freezer after 24-48 hours (or immediately). Defrost 1-2 hours before eating.

Snack

Watermelon (7)

Dessert

Dark Chocolate & Macadamia Nuts (8)

1 serving = 1oz chocolate + ¼c macadamia nuts