



# June Menu, Week 3 - PALEO: 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/ Mashed Potatoes & Broccoli
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)
- ½ pint raspberries (6)



## Dairy (optional)

- 8oz feta crumbles (3,5)
- 1T grassfed butter (2)



## Pantry

- 28oz can crushed tomatoes (2,4)
- 4oz dark chocolate (bar or individually wrapped) (8)
- ¼c sliced kalamata olives (3)
- muffin liners (6)
- ¾c coconut flour (6)
- ½ tsp baking soda (8)
- ½c honey (6)
- 1c almond flour (4)  
(OR 2T coconut flour)



## Veggies

- 1 x lg broccoli (2)
- 2 pints cherry tomatoes (3)
- 4 x bell peppers (1)  
(mixed colors)
- 2 x 8oz tubs sliced mushrooms (3)
- 2-4 lg zucchini (3)
- 1 x lg carrot (4)
- 4 russet (baking) potato (2)  
(OR sub 1-2 heads cauliflower)
- 2-3 x Japanese 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

- ½c sliced almonds (5)
- ½c pinenuts, optional (3)
- 1c macadamia nuts (8)
- ¼c medjool dates (2,4)



## Shellfish

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



## Oils & Vinegars

- ~1c olive oil
- ½c coconut oil (6)
- ½c balsamic vinegar (5)
- 3T apple cider vinegar (2,4)



## Spices

- 3T chili powder (2,4)\*
- 1T tarragon (4)
- 1 dried ancho chili (2,4)  
(OR dried chipotle)
- ¼tsp cayenne (2,4)
- 1tsp turmeric (4)



## Eggs

- 7 eggs, omega 3 (4,6)

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



## June Menu, Week 3 - PALEO: Prep Day



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



**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)

**Broccoli:** Cut into small 1/2" pieces. Toss w/ 1-2 T olive oil + S&P. [\*] (2)

**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 Noodles:** use spiralizer or mandolin to make "spaghetti-like" zucchini noodles (can also cut by hand). [\*] (3)

**Potatoes:** peel 4 baking potatoes (or 2 heads cauliflower) & cut into 1-2" cubes (rough cut is fine, these will be mashed!). [\*] (2)



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

### Mashed Potato (2)

Place cut potatoes in large pot & cover w/ water. Bring to a boil reduce heat to medium and cook for 30-35 min or until soft.

Add S&P + 1/4 c water (use milk or broth if desired) + 1T butter (optional). Mash until smooth (if using cauliflower, blend). Cool. [\*] (2)



### 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)



**"Pasta":** toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1-2T olive oil + S&P.

Roast at 375 F in single layer on 1-2 sheet pans for 25-30 minutes. Cool, set aside.

**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 roasted veggies w/ 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

¼c 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

2-3 T fresh grated ginger

2-3 T 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)**

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

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



# June Menu, Week 3 - PALEO: Dish Day



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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/ Mashed Potatoes & Broccoli (2)

1. Marinate shrimp in ½c reserved BBQ sauce for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
2. Warm mashed potatoes in oven, covered, ~30-40 minutes.
3. Place shrimp & broccoli on sheet pans. Roast ~12-15 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. Add zucchini noodles, and cook 2-3 minutes.
2. Add veggie mixture and sauté until heated through, 5-6 minutes.

## Day 4

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

1. Pre-heat oven to 350 F and bake meatballs for 45 minutes or heated through.
2. Roast sweet potatoes in a single layer for ~35-45 minutes or cooked through. Remove and toss halfway through cooking

## Salad

### Arugula, Watermelon & Feta Salad (5)

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