



June Menu, Week 4 - PALEO: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Nicoise Salad
2. Meal 2: Pork, Pineapple & Veggie Kabobs
3. Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw
4. Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots
5. Salad: Mixed Greens w/ Grapes, Walnuts & Goat Cheese
6. Breakfast: Hard Boiled Eggs & Oranges
7. Snack: Blueberry Chia Pudding
8. Dessert: Almond Butter Brownies



Herbs

1 bulb garlic (4)



Fruits

4 x oranges (6)
2 x granny smith apples (3)
1 small bunch seedless grapes (5)
1 x pineapple (2)
(OR 2c fresh, pre-cut pineapple chunks)
2c blueberries (7)
(frozen or fresh)



Dairy (optional)

4oz goat cheese crumbles, (5)



Pantry

1 jar almond butter (8)*
¼c sliced kalamata olives (1)
1c maple syrup (8)
4T honey (3,4,7)
1T coconut aminos (2)
½c cocoa powder (8)
½c dark chocolate chips, optional (8)*
1tsp vanilla extract (8)*
1tsp baking soda (8)
11oz lite coconut milk (7)*



Veggies

½# carrots (4)
4 x bell peppers (2)
(mixed colors)
1 pint cherry tomatoes (1)
1c green beans, optional (1)
1 large red potato (1)
2 large sweet potatoes (3)
8oz bag shredded cabbage (for coleslaw) (3)
2 x 5oz tub mixed greens (1,5)
16oz tub spinach (4)



Nuts & Seeds

2½c walnuts (4,5)
¾c chia seeds (7)



Meats

4 x chicken breast, boneless, skinless, 5-7oz ea (4)
1# ground bison (3)
1-1.5# butterflied pork loin chop (2)
(OR boneless pork chops)



Oils & Vinegars

~1¼c olive oil
½c balsamic vinegar (1,5)
2T apple cider vinegar (3)
1T toasted sesame oil (2)



Spices

4T chili powder (3)*
1T cumin (3)
1tsp dried dill (4)
1tsp turmeric (2)
½tsp chipotle powder (2)
1tsp cinnamon (8)



Eggs

14 eggs (1,4,6,8)



Shellfish

4 x tuna steaks (1)
(OR sub salmon)

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



June Menu, Week 4 - PALEO: Prep Day



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Pre-heat oven to 325 F. (8)



Place 10 eggs in a pot, fill with water to cover, bring to a boil. Boil 3-5 minutes shut off heat and cover pot, cool. [*] (1,6)
Fill an additional small pot with water, bringing to a boil (this will be used to boil potatoes & steam green beans, if using). (1)



Potato & Green Beans: Chop potato into 1/4" cubes. Chop green beans, if using, into 1/2" pieces. Set aside to boil. (1)
Carrots: Thinly slice 1/2# carrots into bite-sized pieces, set aside (4).
Sweet Potatoes: Cut potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T chili powder + 1T cumin + S&P. [*] (3)
Oranges: option to cut oranges into 4 wedges (for breakfast). [*] (6)
Grapes: Cut in half, for a total of 1 1/2c, set aside. (5)
Apples: thinly slice green apple (should be ~size of a match- works well on a mandolin). Set aside. (3)
Garlic: Finely chop 2-4 cloves garlic for sautéed spinach, (option to store in spinach tub). [*] (4)
Kabobs: cut 4 bell peppers, pineapple into ~1" cubes [*]. Cut pork into ~1" cubes set aside. (2)



Carrots (4)

Boil (or steam) 1/2# sliced carrots for ~20 min or a knife inserts easily.
Whisk together 1T olive oil + 1T honey. Toss carrots w/ oil & honey. Season w/ 1tsp dried dill + S&P. [*] (4)

Potato & Green Beans (1)

Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool. (1)
Steam chopped green beans (option to steam above potatoes) or boil for 2-4 minutes. (1)



Brownies (8)

Stir together: 1 jar (18oz) of almond butter + 1c maple syrup + 2eggs + 1t vanilla
Stir together: 1/2c cocoa + 1t soda + 1t cinnamon
Stir together wet & dry ingredients until combined. Option to mix in 1/2c chocolate chips.
Bake in a prepared 9x13" pan at 325 F for 25-35 minutes or until cooked through/ top bounces back when pressed gently. [*] (8)



Walnut Chicken (4)

In blender or food processor, blend 2c walnuts until roughly to finely chopped. Place in a shallow bowl.
Whisk 2 eggs, place in a second shallow bowl.
Dredge each chicken breast in eggs & then walnuts. Salt lightly. [*] (4)



Nicoise Salad (1)

Add the following to the tub of mixed greens:

½ pint cherry tomatoes (6) [*]

1c steamed green bean pieces (cooled) + 2 hardboiled eggs (cooled, peeled & quartered) + chopped boiled potatoes

¼c sliced kalamata olives [*] (1)

Chia Pudding (7)

Whisk together the following:

11oz lite coconut milk

2c water

2T honey, optional

Stir in:

¾c chia seeds

2c blueberries [*] (7)

(will be ready in 2-4 hours, but best to let soak overnight)

Burgers (3)

Form ground bison into 4 patties. Season lightly w/ S&P. [*] (3)

Coleslaw (3)

Whisk together:

½c olive oil

2T apple cider vinegar

1tsp honey

salt to taste

Toss dressing with sliced apples. Toss all together w/ 8oz bag of coleslaw (shredded cabbage). [*] (3)

Pork (2)

Whisk together: 1tsp turmeric + ½ tsp chipotle + 1T coconut aminos + 1T toasted sesame oil.

Toss pork cubes w/ above marinade. (Note: if not eating within 48 hours, hold off on marinating until 2-48 hr in advance)

Side Salad (5)

Layer in container as follows:

½ mixed greens

¼c walnuts

¾c grape halves

½ goat cheese crumbles

Repeat layers [*] (5)



Balsamic Dressing (1,5)

Combine: 1c olive oil + ½c balsamic vinegar + pepper to taste. [*] (1,5)

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



June Menu, Week 4 - PALEO: Dish Day



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Day 1

Nicoise Salads (1)

1. Remove salad dressing from refrigerator and allow to come to room temp.
2. Heat 1t oil in sauté pan over med-high to high heat. Sear tuna 2-3min/ side or desired doneness. Season w/ S&P.
3. Divide salads among 4 bowls, top each w/ a seared tuna. Shake vinaigrette well and drizzle on top of salads.

Day 2

Pork, Pineapple & Veggie Kabobs (2) **if using wooden skewers, soak in water**

1. Pre-heat grill. Skewer pork, pineapple & bell pepper on skewers.
2. Grill for ~15 minutes, flipping kabobs ~ every 5 min.

Day 3

Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw (3)

1. Pre-heat oven to 375 F. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).

Day 4

Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots (4)

1. Pre-heat oven to 375 F. Place carrots in oven, covered, to warm.
2. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes or until cooked to 165 for larger breasts.
3. Heat 1t oil in large sauté pan over high heat. Add garlic & spinach to pan & cook 3-4 min or spinach just wilts. Season w/ S&P.

Salad

Mixed Greens w/ Grapes, Walnuts & Goat Cheese (5)

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

Breakfast

Hard Boiled Eggs & Oranges (6)

Snack

Blueberry Chia Pudding (7)

1. Recommend stirring 1-2x before eating to distribute chia seeds to soak up any excess liquid.

Dessert

Almond Butter Brownies (8)