



# June Menu, Week 5 - PALEO: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber & Walnuts
2. Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple
3. Meal 3: Steaks, Baked Sweet Potatoes & Sautéed Swiss Chard
4. Meal 4: Mexican Zucchini Stuffed w/ Bison, Mushrooms, Bell Pepper & Tomato Sauce
5. Salad: Arugula w/ Peach, Sliced Almond & Goat Cheese
6. Breakfast: Onion, Mushroom & Spinach Frittata
7. Snack: Plums
8. Dessert: Almond Cakes w/ Peaches



## Herbs

1 bulb garlic (4)



## Fruits

6 x peaches (5,8)  
8 x plums (7)  
½ pint strawberries (1)  
1 pineapple (2)  
(OR fresh pineapple slices)  
2 x lemons (2)



## Dairy (optional)

8oz goat cheese crumbles (5,6)  
4oz feta crumbles (1)  
½c grated cheddar cheese (4)



## Pantry

1c strained tomatoes (4)\*  
½c maple syrup (8)  
1tsp vanilla extract (8)\*  
½tsp baking soda (8)



## Veggies

1 bunch asparagus (2)  
~16oz sliced mushrooms (4,6)  
4 x medium zucchini (4)  
1 x cucumber (1)  
1-2 bunch Swiss chard (3)  
1 red, 1 yellow bell pepper (4)  
1 bag baby spinach (6)  
5oz tub arugula (5)  
5oz tub mixed greens (1)  
2 x red onions (4,6)  
4 x sweet potatoes (3)



## Meats

4 x grassfed tenderloin steaks,  
5-7oz each (3)  
~1-1.5# chicken tenders (2)  
½# ground bison (4)



## Nuts & Seeds

½c chopped walnuts (1)  
2c almond flour (8)  
(OR 1¾c whole almonds)  
½c sliced almonds (5)



## Spices

1T cumin (4)  
1T chili powder (4)\*  
1T oregano (4)  
4T steak seasoning (3)



## Eggs

12 x eggs, omega 3 (6,8)



## Shellfish

4 x salmon fillets, 4-6oz ea (1)



## Oils & Vinegars

~1½ c olive oil  
½c balsamic vinegar (1,5)

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



## June Menu, Week 5 - PALEO: Prep Day



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**Pre-heat oven to 350 F. (6,8)**



**Almond Cake:** Set 4 eggs out to bring to room temp. (8)

**Baked Sweet Potatoes:** Pierce sweet potatoes with a fork. Bake at 350F for ~60min or until soft/ cooked through. Cool. [\*] (3)



**Peaches:** Chop peaches, set aside 1c for salad (5). Store remaining peaches for dessert. [\*] (8) (5,8)

**Red onion:** cut 1½ red onions into long, thin strips (save remaining ½ for zucchini, below). (6)

**Zucchini:** finely chop 2 bell pepper + 2-3 cloves garlic + ½ onion. Cut 4 zucchini in ½ lengthwise, scoop out center, toss. (4)

**Swiss Chard:** Remove leaves from stems discarding stems. Roughly chop leaves. [\*] (3)

**Asparagus:** Remove, discard bottom 2". Toss w/ 1T olive oil, S&P. [\*] (2)

**Pineapple:** Peel, core & cut pineapple into ½" thick pineapple slices (if not already pre-sliced). [\*] (2)

**Salmon Salad:** finely dice 1 cucumber & ½ pint strawberries into bite-sized pieces. Set aside. (1)



### **Frittata (6)**

Heat 1T oil over in a large sauté pan over medium heat, add 1½ sliced onions and a pinch of salt. Sauté for 10-15 min.

Add 1 tub sliced mushrooms + 1 bag spinach, cook another ~10min, stirring occasionally. Turn off heat and allow to cool. (6)

### **Stuffed Zucchini (4)**

In a lg sauté pan heat 1tsp oil over med-high heat. Add ½ diced red onion + 2-3 chopped garlic cloves + 2 chopped bell peppers + 8oz sliced mushrooms + ½# bison. Add 1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes, breaking apart meat. Add 1c strained tomatoes. Cook 5 minutes. Season to taste w/ S&P. Allow to cool. (4)



### **Almond Cakes (8)**

Use room temp eggs. Separate whites from yolks.

Whisk together:

4 egg yolks

½c maple syrup

1tsp vanilla

½tsp baking soda

¼tsp salt

Whisk in 2c almond flour. Option: make almond flour= 1¾c almonds in blender until sand-like consistency

Whisk egg whites until soft peaks form and fold into mixture.

Line a muffin tin with 9 papers. Scoop batter into muffin tin using a ¼c measuring cup.

Bake at 350 for 25-30 minutes or until tops spring back when gently pushed. Cool. (8)



### **Frittata (6)**

Whisk 8 eggs in a large bowl.

Stir in sautéed onions & mushrooms & spinach and season with ½tsp fresh ground black pepper.

Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt. Optional: sprinkle w/ 4oz goat cheese crumbles.

Bake at 350 F for 30-35 minutes or until no longer jiggly. Allow to cool. [\*] (6)



### **Lemon Chicken (2)**

Whisk together:

Juice & zest of 2 lemons

½c olive oil

1T salt

fresh ground pepper

optional: add 1T dried herb of choice: tarragon, basil, oregano, etc . [\*] (2)

### **Side Salad (5)**

Layer in container as follows:

½ mixed arugula

½c diced peaches

¼c sliced almonds

½ goat cheese crumbles, optional

Repeat layers. [\*] (5)

### **Salmon Salad (1)**

Layer in container as follows:

½ mixed greens

¼c chopped walnuts

½c sliced strawberries

½ chopped cucumber

2oz crumbled feta, optional

Repeat layers. [\*] (1)

**Stuffed Zucchini:** Fill scooped zucchini with cooled filling. Sprinkle each zucchini w/ ~2T grated cheddar cheese. (3) [\*]

**Grass-Fed Steak:** Coat each steak w/ ~1T steak seasoning. [\*] (3)



### **Balsamic Dressing (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 5 - PALEO: Dish Day



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Meal Plans

## Day 1

### Salmon over Mixed Greens w/ Strawberries, Cucumber & Walnuts (1)

1. Place balsamic vinaigrette at room temp and shake well before serving. Reserve ½ for Side Salad (5).
2. Pre-heat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet & drizzle w/ 1-2 T vinaigrette.
4. Prep D2: Marinate chicken tenders in refrigerator for up to 24 hours.

## Day 2

### Grilled Lemon Chicken Tenders w/ Asparagus & Pineapple (2) **\*\*Marinate 30 min up to 24 hours\*\***

1. Pre-heat grill or oven to 400 F. Marinate chicken for at least 30 minutes.
2. Grill asparagus & pineapple for 5-6 minutes, flipping occasionally. (if baking, bake asparagus 8-10 min, and eat pineapple fresh)
3. Grill chicken for 2-3 min/ side OR bake for 12-15 min. Intern temp should be 165 F (depends on size of tenders).

## Day 3

### Steaks, Baked Sweet Potatoes & Swiss Chard (3)

1. Pre-heat oven to 400 F. Place potatoes in oven for ~20 minutes or heated through.
  2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
  3. Meanwhile, heat 2t oil in a 2nd sauté pan. Cook chard ~5 min, season w/ S&P OR option: cook in steak pan while steak rests.
  4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
- Option: cook steaks & re-heat potatoes on the grill.

## Day 4

### Mexican Zucchini Stuffed w/ Bison, Mushrooms, Bell Pepper & Tomato Sauce (4)

1. Pre-heat oven to 375 F. Bake zucchini for 35-45 minutes or until heated through.

## Salad

### Arugula w/ Peach, Sliced Almond & Goat Cheese (5)

Let salad dressing come to room temp (~30min), shake well. Drizzle ~1T over 1 serving of salad. Reserve ½ for Salmon Salad (1).

## Breakfast

### Onion, Mushroom & Spinach Frittata (6)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through.  
OR heat individual slice in toaster oven (~5min) or microwave (1-2min).

## Snack

### Plums (7)

## Dessert

### Almond Cakes w/ Peaches (8)

1. Top each almond cake with ~2T diced peaches (cakes are delicious warmed in a toaster oven!).