



July Menu, Week 1 - PALEO: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Sesame-Crusted Ahi Tuna w/ Garlic Sautéed Spinach & Avocado Slices
2. Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Zucchini
3. Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Roasted Asparagus
4. Meal 4: Mexican Grassfed Beef & Potato Hash
5. Salad: Mixed Berry Salad w/ Feta
6. Breakfast: Cherry-Pecan Chia Breakfast Bowls
7. Snack: Cherry Tomatoes
8. Dessert: Almond Butter-Banana "Ice Cream"



Herbs

1x bunch cilantro (2,3,4)
 1x bunch green onion (3,4)
 2" knob ginger (2,3)
 1 garlic bulb (1,2,3)



Fruits

1 pint raspberries (5)
 1 pint blackberries (5)
 4x small peaches (2)
 4x large bananas (8)



Dairy (optional)

4-6oz feta crumbles (5)



Pantry

1c shredded coconut (6)
 (unsweetened)
 2T almond butter (8)
 1 can water chestnuts (3)
 11oz coconut milk (6)
 3T coconut aminos (3)
 1 tsp honey (optional) (3)



Veggies

2x large carrots (3)
 1 x asparagus (3)
 4 avocados (1,4)
 (hard, not ripe, for D4)
 1 tub cherry tomatoes (7)
 1x beefsteak tomato (4)
 2 lg zucchini (2)
 2x 8oz sliced mushrooms (3,4)
 2x red bell peppers (3)
 1# large red potatoes (4)
 (OR sub sweet potatoes)
 1 x head romaine lettuce (3,4)
 1x yellow onion (3,4)
 1x small red onion (2)
 5oz mixed greens (5)
 5oz tub spinach (1)



Meats

1# organic pork tenderloin (2)
 1# ground turkey
 thigh (3)
 1 # grass-fed ground beef (4)



Nuts & Seeds

1/2 c chopped pecans (6)
 1/2c sliced almonds (5)
 1/2c chia seeds (6)
 1/2c sesame seeds (1)
 (prefer mix of white & black)



Spices

1 tsp red chili flakes (3)
 (optional)
 3T chili powder (4)*
 1tsp cinnamon (8)
 1/2 tsp vanilla (8)
 1T sesame seeds (3)



Oils & Vinegars

~1 1/4 c olive oil
 1tsp coconut oil (3)
 3T toasted sesame oil (1,3)
 2T rice vinegar (3)
 1/4c balsamic vinegar (5)
 1/4c apple cider vinegar (2)



Fish

4 ahi tuna steaks (1)
 (OR salmon)



Freezer

~10oz frozen cherries (6)



July Menu, Week 1 - PALEO: Prep Day



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Garlic: Finely chop ~8-10 cloves, set aside 1/2 for peach sauce (2) & 1/2 for lettuce wraps (3) store 1T for spinach (1). (1,2,3)

Ginger: Peel and finely grate ginger. Set aside 1T for peach sauce and 1T lettuce wraps. (2,3)

Peach Sauce: Finely chop 1 red onion. Roughly chop 4 peaches, set aside. (2)

Cilantro: Finely chop leaves, set aside 1/3 for peach sauce & 1/3 for wraps. (2,3) Store remaining 1/3 for hash. (4) [*] (2,3,4)

Yellow Onion: Finely chop 1 yellow onion, set aside 1/2 for wraps (3) & 1/2 for hash (4). (3,4)

Potatoes: Peel & cut ~1# potatoes into 1" pieces. Set aside for hash. (4)

Wraps: Finely chop 2 bell peppers, 2 carrots & 1 can drained water chestnuts (3)

Green Onion: Chop 2 green onions, store for hash [*](4). Chop remaining green onion whites & greens, keep 2 separate (3). (3,4)

Lettuce Head: Remove 8-16 large leaves, store in large baggie [*](3). Finely chop any remaining lettuce for hash [*](4). (3,4)

Beefsteak Tomato: Chop 1 tomato for hash. [*] (4)

Pork: Thinly slice the pork tenderloin into medallions (~12 pieces). [*] (2)

Asparagus: Chop off & discard lower 2-3". Toss tops w/ 1T toasted sesame oil + 1T sesame seeds. [*] (3)

Zucchini: Cut zucchini into bite-sized pieces and toss w/ 1-2T olive oil + S&P. [*] (2)



Peach Sauce (2)

Add the following to a large sauté pan over medium-high heat:

1tsp olive oil

~3 cloves chopped garlic & 1/2 grated ginger (up to 1T)

red onion, diced

1/2 tsp salt

Sauté for 5 minutes.

Add 4 diced peaches and 1/4c apple cider vinegar.

Cook on low for 30 minutes, stirring occasionally. Allow to cool. Stir in 1/3 of the chopped cilantro. [*] (2)

Hash (4)

Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add to pan 1/2 chopped onion + 1# cut potatoes (uncooked) + 8oz sliced mushrooms + 3T chili powder, cook for 10-15 min.

Add 1/2c water (use broth for more flavor), cover & cook until potatoes are soft. Cool. [*] (4)

Lettuce Wraps (3)

In large sauté pan heat 1tsp olive oil, add 1# ground turkey, 2 chopped red bell pepper, 1/2 chopped onion, garlic, ~1T grated ginger, white of green onion, 2 chopped carrots & sliced mushrooms. Cook for ~10-12 minutes, breaking apart ground turkey.

Add 1 can chopped water chestnut, 1/3 of cilantro, green onion tops, 1T sesame oil, 1T tamari, 1T rice vinegar. (3) [*]



Almond Butter Banana "Ice Cream" (8)

Blend the following until smooth:

4 large bananas

2T almond butter

1/2tsp vanilla

1tsp cinnamon

Place in a container and freeze. [*](8)



Side Salad (5)

Layer the following in a large storage tub:

- 1/2 5oz tub mixed greens
 - 1/2 pint blackberries
 - 1/2 pint raspberries
 - 2-3oz feta crumbles
 - 1/4c sliced almonds
- Repeat layers. [*] (5)

Chia Breakfast Bowls (6)

Mix together the following:

- 1/2c chia seeds
 - 2c water
 - 11oz coconut milk
 - 1/2c pecan pieces
 - 1c shredded coconut
 - 1-2c frozen cherries (6) [*]
- (will be ready in 2-4 hours, but best to let soak overnight)

Sesame-Crusted Tuna (1)

Place ~1/2c sesame seeds in a bowl & coat tuna fillets with sesame seeds on all sides. [*](1)



Balsamic Dressing: Combine 1/2c olive oil + 1/4c balsamic vinegar [*] (5)

Dipping Sauce:

Whisk together:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T coconut aminos.
- 1tsp red chili flakes, optional
- 1tsp honey, optional [*](3)

Option: double dipping sauce and use for tuna, D1.

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



July Menu, Week 1 - PALEO: Dish Day



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Meal Plans

Day 1

Sesame-Crusted Ahi Tuna w/ Garlic Sautéed Spinach & Avocado Slices (1)

1. Heat 2-3tsp oil in large sauté pan over med-high to high heat. Sear tuna 2-3min/ side or desired doneness. Season w/ S&P.
2. Heat 2-3tsp oil in large sauté pan over med-high to high heat. Cook spinach & garlic for 3-5 min, season with S&P. (if pan is large enough, recommend cooking tuna & spinach in same pan)
3. Slice 2 avocado and serve on side.

Day 2

Peachy Pork Tenderloin Medallions w/ Roasted Zucchini (2)

1. Pre-heat oven to 425 F.
2. Place pork & zucchini parchment-lined sheet pans. Roast both for ~15-20 minutes.
3. Serve pork w/ peach chutney and zucchini on the side.

Day 3

Asian Turkey Lettuce Wraps & Sesame Roasted Asparagus (3)

1. Pre-heat oven to 400 F. Roast asparagus in single layer on baking sheet for 12-15 min.
2. Re-heat filling in a sauté pan over med-high heat for 5-10 minutes or heated through.
3. Serve ~1/4c filling in a folded lettuce leaf w/ dipping sauce & asparagus on the side.

Day 4

Mexican Grassfed Beef & Potato Hash (4)

1. Re-heat hash in a mid-high sauté pan, covered, for 10-12 minutes or heated through. Add water/ broth if needed.
2. Slice 2 avocados.
3. Top hash w/ chopped green onion, cilantro, tomato, lettuce & avocados.

Salad

Mixed Berry Salad w/ Feta (5)

1. Allow vinaigrette to come to room temp. Shake vinaigrette well & drizzle over salad.

Breakfast

Cherry-Pecan Chia Breakfast Bowls (6)

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

Snack

Cherry Tomatoes (7)

Dessert

Almond Butter-Banana "Ice Cream" (8)

1. Place AB Banana ice cream in the refrigerator for 1 hour to soften.