



# July Menu, Week 3 - PALEO: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Chicken Chopped Salad
2. Meal 2: Lemon-Parsley Salmon w/ Tomato, Cucumber & Red Onion Salad
3. Meal 3: Chicken Stirfry w/ Portabella Mushrooms & Bok Choy & Cauliflower Rice
4. Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper
5. Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Hard Boiled Eggs + Peaches
7. Snack: Carrots w/ Sunflower Seed Butter
8. Dessert: Fresh Cherries



## Herbs

- 1 x basil (5)
- 1 x parsley (2)
- 1 bulb garlic (2,3)
- 2" ginger knob (3)



## Fruits

- 2 x lemons (2)
- 4 x peaches (6)
- 4c fresh cherries (8)



## Dairy (optional)

- 4oz feta crumbles (1)
- 8oz mini mozzarella balls (5)



## Pantry

- 1 can artichoke hearts (1)
- 1/4c coconut aminos (3)\*
- 1/2c sunflower seed butter (7)\*  
(OR sub nut butter of choice)



## Veggies

- 2 avocados (1)
- 1 x head cauliflower (3)
- 4 x carrots (7)
- 1 x cucumber (2)
- 1 pint cherry tomatoes (1)
- 4 x roma tomatoes (2)
- 2 x heirloom tomatoes (5)
- 4 x portabella mushrooms (3)
- 1 bunch bok choy (3)
- 1-2 x lg organic zucchini (4)
- 3 x bell peppers (4)  
(mixed colors)
- 2 x red onion (2,4)
- 2x 5oz tub mixed greens



## Meats

- 4x bison strip steak,  
5-7oz ea (4)  
(OR sub grassfed beef steak)
- ~2# boneless, skinless chicken  
breast (1,3)



## Nuts

- 1/2c sliced almonds (1)



## Oils & Vinegars

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



## Spices

- 2T steak seasoning (4)\*
- 1T oregano (4)



## Fish

- 4 x salmon fillets, 4-6oz ea (2)



## Eggs

- 8 eggs, omega 3 (6)

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



# July Menu, Week 3 - PALEO: Prep Day



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**Pre-heat oven to 375 F. (1)**



**Eggs:** Place 8 eggs in a pot, cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [\*] (6)



**Chicken (1)**

Season 1# chicken breasts w/ S&P. Bake at 375 F for 20-30 minutes (or grill) until cooked, 165 F. Cool & slice for salad. [\*] (1)



**Carrots:** Slice into thin pieces for snacking. [\*] (7)

**Cauliflower:** Remove core, leaves, & any dark spots. Coarsely chop make sure it is completely dry and set aside (3)

**Chop Salad:** Drain artichoke hearts, cut into bite-sized pieces (quartered). Cut cherry tomatoes in half (or quarters). [\*] (1)

**Stir Fry:** Thinly slice 4 portabella mushrooms & chop one bunch bok choy into ~1" pieces. [\*] (3)

Slice 1# chicken breast into thin strips (~2" ea), finely chop 1T garlic & grate ginger for ~1T. Store separately from veggies. [\*] (3)

**Tomato & Cuke:** Thinly slice 4 roma tomatoes, 1 cucumber & 1/4 of a red onion (save remaining for grilled veg, below).

Toss tomato, cucumber & red onion w/ 3T olive oil + 1T rice vinegar. Option to add fresh chopped parsley. [\*] (2)

**Grilled Veg:** Thinly slice 1-2 zucchini (1/4"), cut 3 bell pepper into ~8 slices each, slice 1 3/4 red onion into thick "rings". [\*] (4)



**Cauliflower Rice (3)**

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture.

Careful not to go too far or it can become mushy. [\*] (3)

**Lemon Parsley Sauce (2)**

Place in a blender:

1/2c olive oil

large handful fresh parsley

1 clove garlic

juice of 2 lemons

1tsp salt

Blend until smooth [\*] (2)

**Salad (5)**

Layer in container as follows:

½ mixed greens

½ mozzarella balls (drained)

¼c loosely packed basil leaves (I use whole basil leaves; for large basil leaves, store separately and chop at mealtime)

Repeat layers (5). [\*]

**Bison Steak (4)**

Season each fillet well w/ steak seasoning (1-2tsp per fillet). [\*] (4)

**Balsamic Dressing (1,5)**

Combine the following:

1c olive oil

½c balsamic vinegar

pepper to taste [\*] (1,5)

**Stir Fry Sauce (3)**

Combine the following:

¼c coconut aminos

¼c rice vinegar

1T toasted sesame oil [\*] (3)

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



# July Menu, Week 3 - PALEO: Dish Day



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## Day 1

### Chicken Chop Salad (1)

1. Toss together 5oz tub mixed greens, chopped chicken, artichoke, cherry tomato, 4oz feta crumbles & 1/2c sliced almonds.
2. Slice 2 avocados & add to salad. Drizzle w/ 1/2 balsamic vinaigrette. Reserve 1/2 of vinaigrette for Side Salad (5).

## Day 2

### Lemon-Parsley Salmon w/ Cucumber Tomato Salad (2)

1. Pre-heat oven to 425 F. Marinate salmon in lemon-parsley sauce while oven pre-heats (or up to 1 hour).
2. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F). Serve with cucumber tomato salad.

## Day 3

### Chicken Stirfry w/ Portabella Mushrooms & Bok Choy & Cauliflower Rice (3)

1. Add 1tsp oil to lg sauté pan over high heat, add ginger, garlic & chicken, cook 1 minute.
2. Add mushrooms to chicken, cook ~8-10min, add bok choy & stirfry sauce, stir to coat all ingredients w/ sauce, cook 1-2 min.
3. Heat 1T toasted sesame oil (or coconut oil) in large sauté pan and add the cauliflower "rice".
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.

## Day 4

### Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper (4)

1. Pre-heat grill to med-high or 375 F. Toss veg for grill w/ 2T olive oil, S&P & 1T dried oregano.
2. Grill steaks for ~4-6min/ side depending on size/ desired doneness. Grill veg for 2-3 min & flip (onions may take longer)

## Salad

### Mixed Greens w/ Tomatoes, Basil & Mozzarella (5)

1. Let salad dressing come to room temp (~30min), shake well.
2. Slice heirloom tomatoes and chop basil leaves (if not already added). Add to salad.
3. Drizzle ~1T dressing over 1 serving of salad. Reserve 1/2 of vinaigrette for Day 1 Chop Salad.

## Breakfast

### Hard Boiled Eggs + Peaches (6)

## Snack

### Carrots w/ Sunflower Seed Butter (7)

- Dip carrots into 1-2T sunflower seed butter/ serving.

## Dessert

### Fresh Cherries (8)