



August Menu, Week 1: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Asian Glazed Salmon w/ Grilled Bok Choy & Peaches
2. Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese
3. Meal 3: Black Bean & Mushroom Tacos
4. Meal 4: Beef Kebobs w/ Zucchini & Tomatoes
5. Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Tacos
7. Snack: Spiced Popcorn Baggies
8. Dessert: Mango & Blueberry Popsicles



Herbs

1 head garlic (1,3,6)
~2" knob ginger (1)



Fruits

2c fresh blueberries (5,8)
1c fresh raspberries (2)
1 lemon (5)
1 orange (5)
4 peaches (1)



Dairy (optional)

5oz goat cheese crumbles (2)
2c shredded cheese for black
bean & breakfast tacos (3,6)



Pantry

1 can black beans (3)
1 bag organic air-popped
popcorn (7)
16 organic corn tortillas (3,6)
½c low-sodium tamari (1)*
(or a wheat-free soy sauce)
8 sandwich baggies (7)
1c salsa, optional (3,6)
(note: use your favorite salsa!)



Veggies

1 tub cherry tomatoes (4)
1 just soft, large avocado (5)
2-4 avocados for tacos,
optional (3,6)
1 bunch curly kale (5)
1 large bok choy (1)
(OR sub asparagus)
8oz sliced mushrooms (6)
2c snap peas (2)
2 zucchini (4)
2 portabella mushrooms (3)
2 bell peppers (6)
(mixed colors)
1 x 16oz tub spinach (2,3,6)
1 red onion (3)
1 small yellow onion (6)



Meats

4 chicken breasts (2)
boneless, skinless,
5-7oz each
1# grassfed beef sirloin (4)



Nuts & Seeds

2½c walnuts (2,7)
¼c pumpkin seeds (5)



Oils & Vinegars

~1½c olive oil
2T toasted sesame oil (1)
1¼c balsamic vinegar (2)
¼c red wine vinegar (4)



Spices

1T Italian seasoning (2)
2T taco seasoning (3)
¼c cumin powder (4,7)
2T paprika (4,7)
2T dried oregano (4,7)
1T turmeric (4,7)
1tsp coarse sea salt (5)



Fish

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



Eggs

6 eggs (6) (omega-3)



Freezer

10oz bag frozen mango (8)

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



August Menu, Week 1: Prep Day



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Pre-heat oven to 400 F. (2,3,6)

Mango: Place 10oz frozen mango chunks at room temperature to defrost, 30-45 minutes. (8)



Balsamic Chicken Marinade (2)

Whisk together in a large bowl or container:

1c balsamic vinegar

1T olive oil

1T Italian seasoning

1T salt

Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30 min up to 4 hours. (2)



Garlic: Finely chop 4 cloves garlic, set aside half for the bison wraps (3) & half for the breakfast scramble (6). (3,6)

Tacos: Slice 2 portabella mushrooms & 1 red onion into long, thin strips. Place in a container and add ½ the chopped garlic. [*] (3)

Breakfast Taco: Finely dice 2 bell peppers & 1 small yellow onion. Place in a container, add the remaining chopped garlic. [*] (6)

Spinach Salad: Chop 2c snap peas into bite-sized pieces. Roughly chop ½c walnuts. Set aside. (2)

Kabobs: Cut 2 zucchini into ~1" bite-sized pieces. (4) [*] Cut 1# beef sirloin into 1-2" cubes, set aside. (4)

Kale Salad: Remove leaves from stems off 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside. Dice 1 lg avocado. Zest 1 lemon & 1 orange (about 1tsp of each). Set avocado & zest aside for kale salad & save citrus for juicing. (5)

Grill: Cut 1 lg bok choy in half, lengthwise. Cut 4 peaches in half, remove seeds. Drizzle all lightly w/ olive oil, S&P. (1)



Balsamic Chicken (2)

Remove chicken from marinade and place in a lightly oiled baking pan. Roast at 400 F for 30 minutes or until cooked to 165 F.

Allow to cool. [*] (2)



Popsicles (8): Blend 10oz thawed mango chunks, pour into popsicle molds, filling ¾ full. Gently add 6-8 blueberries to each popsicle pushing into popsicle (using ~1c of blueberries, reserving ~1c for the kale salad). Place stick in popsicle, freeze. (8)

Salmon Marinade (1)

Place in a blender:

½c tamari

2T toasted sesame oil

1" cube ginger, peeled

2 cloves garlic, blend to combine. [*] (1)



Balsamic Dressing: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste. [*] (2)

Citrus Vinaigrette: Whisk together: 1/4c olive oil + juice of 1 orange + juice of 1 lemon. Set aside. (5)



Kale Salad (5)

In a mixing bowl, combine chopped 1 bunch kale leaves with 1-2T olive oil & 1tsp coarse sea salt. Using your hands massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.

Toss the diced avocado with the citrus vinaigrette.

Toss together all salad ingredients: kale + citrus zest + avocado + citrus vinaigrette + 1c blueberries + 1/4c pumpkin seeds. [*] (5)

Spinach Salad w/ Chicken (2)

Layer in container as follows:

1/4 large tub of spinach (reserve remaining spinach for black bean tacos & breakfast tacos)

1/2c raspberries

1/2 chopped snap peas

1/4c walnuts

1/2 goat cheese crumbles

Repeat layers. [*] (5)

Kabob Marinade (4)

Whisk together: 1/4c olive oil + 1/4c red wine vinegar. [*] (4)

Spice Mix (4,7)

Combine:

1/4c cumin

2T paprika

2T oregano

1T turmeric

fresh ground black pepper (4,7)

Popcorn Baggies (7)

In a large bowl, toss together 1 bag air-popped popcorn + 1/4c spice mix (above) + 2c walnuts.

Divide among 8 sandwich baggies, ~2c/ bag. [*] (7)

Kabobs (4)

Rub remaining spice mix into beef cubes. [*] (4)

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



Paleo & Gluten Free
Meal Plans

August Menu, Week 1: Dish Day

Day 1 ****Note: 30-60 min marinating time****

Asian Glazed Salmon w/ Grilled Bok Choy & Peaches (1)

1. Shake marinade to mix. Set aside 2T marinade for bok choy. Place salmon in marinade & marinate in refrigerator ~30-60 min.
2. Pre-heat grill to medium-high.
3. Remove salmon from marinade & grill ~12 minutes or just cooked & flaking.
4. Grill bok choy ~6-8min, flipping 2-3x. Grill peaches 4-5min, flipping at least 1x.
5. Drizzle 2T reserved marinade over bok choy.

Day 2

Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese (2)

1. Set balsamic dressing at room temperature for 15-30 minutes. Shake well.
2. Divide salad among 4 bowls. Slice balsamic roasted chicken and add 1 breast to each salad. Top w/ dressing as desired.

Day 3

Black Bean & Mushroom Tacos (3)

1. Heat 1-2T olive oil in large sauté pan over medium-high heat.
2. Add sliced portabella mushrooms, onion & garlic. Cook for ~10-12 min, lower heat if needed. Add 1-2T taco seasoning, stir well.
3. Add black beans and 3 large handfuls baby spinach & ¼c water, cook down for 2-4 more minutes (on low to medium heat).
4. Season to taste w/ salt (~½ tsp). Serve cooked veggies on heated corn tortillas. Option to top with avocado, salsa and/or cheese

Day 4 ****Note: 1 hour - 24 hours marinating time****

Beef Kebobs w/ Zucchini & Tomatoes (4)

1. Marinate seasoned beef for at least 1 hour or up to 24 hours.
2. Pre-heat grill. Skewer beef, zucchini & cherry tomatoes.
3. Grill kebobs for ~10-12 minutes, or until beef is just cooked through/ desired doneness, flipping halfway through cooking.

Note: Skewers may also be cooked on an indoor grill (like a George Foreman), but reduce time by ~3-4 minutes.

Salad

Massaged Kale Salad w/ Blueberries & Pumpkin Seeds (5)

Breakfast

Veggie Breakfast Tacos (6)

1. Heat 1 tsp oil in large sauté pan over medium-high heat. Add sliced mushrooms, chopped bell pepper, yellow onion & garlic.
2. Cook for ~6-8 minutes, lower heat if needed. Meanwhile, crack 6 eggs into a bowl & whisk well.
3. Add any remaining baby spinach (2-3 large handfuls) to the pan, allowing to cook down.
4. Pour eggs into pan with cooked veggies, moving around with a spatula and cooking until no longer runny, ~3-4 minutes.
5. Season to taste w/ S&P. Serve cooked egg & veggies in heated corn tortillas. Option to top with avocado, salsa and/or cheese.

Snack

Spiced Popcorn Baggies (7)

Dessert

Mango & Blueberry Popsicles (8)