



August Menu, Week 1 - PALEO: 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, Cucumber, Walnuts & Goat Cheese
3. Meal 3: Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa
4. Meal 4: Beef Kebobs w/ Zucchini & Tomatoes
5. Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Scramble w/ Avocado-Tomatillo Salsa
7. Snack: Strawberries & Walnuts
8. Dessert: Mango & Blueberry Popsicles



Herbs

- 1 bunch cilantro (3,6)
- 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)
- 1-2 pints strawberries (7)
- 4 peaches (1)



Dairy (optional)

- 5oz goat cheese crumbles (2)
- Optional: cheese for wraps & breakfast scramble



Pantry

- ½c coconut aminos (1)



Veggies

- 1 pint cherry tomatoes (4)
- 3 just soft lg avocados (3,5,6)
- 1 bunch curly kale (5)
- 1 lg bok choy (1)
- (OR sub asparagus)
- 1 head bib lettuce (3)
- 8oz sliced mushrooms (6)
- 1 cucumber (2)
- 2 zucchini (4)
- 2 portabella mushrooms (3)
- 2 bell peppers (6)
- (mixed colors)
- 1# tomatillos (3,6)
- 1 jalapeño (3,6)
- 1 x 16oz spinach (2,3,6)
- 1 red onion (3)



Meats

- 4 chicken breasts (2)
- boneless, skinless,
- 5-7oz each
- 1# grassfed beef sirloin (4)
- 1# ground bison (3)



Nuts & Seeds

- 1½ c 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)
- 1T taco seasoning (3)*
- 2T cumin powder (4)
- 1T paprika (4)
- 1T dried oregano (4)
- ½T turmeric (4)
- 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)



August Menu, Week 1 - PALEO: Prep Day



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Meal Plans

Pre-heat oven to 400 F. (2)

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)

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

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

Spinach Salad: Chop cucumber in 1/2" pieces, for ~1c. (Option: slice extra cuke for a snack). Roughly chop 1/2c 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)

Salsa: Remove husks from 1# tomatillo & cut in half. Cut jalapeño in half, lengthwise, removing 1/2 to all seeds (depending on how spicy you prefer salsa). Remove skin off 2 garlic cloves, leaving whole. Separate each layer of remaining half of yellow onion. (3,6)

Kale Salad: Remove leaves from stems off 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside. Dice 1 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)

Strawberries: Wash 2 pints of strawberries [*] (7)

Bib Lettuce: Separate leaves for wraps. Store wrapped in a damp paper towel. [*] (3)



Salsa (3,6)

Place husked tomatillo, halved jalapeño, 1/2 onion & 2 cloves garlic on a baking pan. Drizzle w/ 1-2T of olive oil. Roast at 400 F for ~30 min. Set aside. (3,6)

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 3/4 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)

Salsa (3,6)

Place the following in a blender:

- Roasted tomatillo, 1/2 yellow onion, jalapeño & garlic

- 2 handfuls of cilantro

Blend the above until just turning smooth.

Add 1 large avocado and blend until just combined. Add salt to taste. [*] (3,6)



Salmon Marinade (1)

Place in a blender:

½c coconut aminos

2T toasted sesame oil

1" cube ginger, peeled

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



Balsamic Dressing: Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [*] (2)

Citrus Vinaigrette: Whisk together: ¼c olive oil + juice of 1 orange + juice of 1 lemon. Set aside. (5)



Kale Salad (5)

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

Toss 1 diced avocado with the citrus vinaigrette.

Toss together all salad ingredients: kale + citrus zest + avocado + citrus vinaigrette + 1c blueberries + ¼c pumpkin seeds. [*] (5)

Kabob Marinade (4)

Whisk together: ¼c olive oil + ¼c red wine vinegar. [*] (4)

Spice Mix (4)

Combine:

2T cumin

1T paprika

1T oregano

½T turmeric

fresh ground black pepper (4)

Kabobs (4)

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

Spinach Salad w/ Chicken (2)

Layer in container as follows:

¼ large tub of spinach (reserve remaining spinach for bison wraps & breakfast scramble)

½c raspberries

½ chopped cucumber

¼c walnuts

½ goat cheese crumbles

Repeat layers. [*] (5)

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



August Menu, Week 1 - PALEO: Dish Day



Paleo & Gluten Free
Meal Plans

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, Cucumber, 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

Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa (3)

1. Heat 1 tsp oil in large sauté pan over medium-high heat.
2. Add 1# ground bison, onion & garlic. Cook for ~3-4 min, breaking apart meat. Add portabella mushrooms & cook 8-10 min.
3. Add 1T taco seasoning + 3 large handfuls baby spinach, stir well & cook down for 2-4 more minutes (on low to medium heat).
4. Season to taste w/ salt (~½ tsp). Serve in bib lettuce w/ avocado-tomatillo salsa.

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

Beef Kebobs w/ Zucchini & Tomatoes (4)

1. Marinate seasoned beef for at least 1 hour, 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 Scramble w/ Avocado-Tomatillo Salsa (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/ salt (~½ tsp) & pepper. Serve w/ avocado-tomatillo salsa.

Snack

Strawberries & Walnuts (7)

1 serving = 1c strawberries + ¼c walnuts

Dessert

Mango & Blueberry Popsicles (8)