



August Menu, Week 2: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Cajun Turkey Burgers w/ White Sweet Potato Fries
2. Meal 2: Balsamic Roasted Pork Loin w/ Zucchini Tian & Quinoa
3. Meal 3: Bison Steaks w/ Baked Potatoes & Broccoli
4. Meal 4: Asian Shrimp Lettuce Wraps w/ Sesame Quinoa
5. Salad: Mixed Greens, Grapes, Celery, Pecans & Cheddar
6. Breakfast: Peach-Almond Smoothie
7. Snack: Celery w/ Almond Butter
8. Dessert: Cinnamon Chocolate "Ice Cream"



Herbs

1 x bunch cilantro (4)
garlic head (1,2,4)
3" ginger knob (4)



Fruits

1c grapes (5)
4 peaches (6)
2 bananas (6)
1 lemon (2)



Dairy (optional)

2oz parmesan (2)
4oz cheddar (5)



Pantry

1c almond butter (6,7)
3 cans full-fat coconut milk (8)
1/2c cocoa powder (8)
1/2c honey (8)
1T vanilla extract (8)*
2c uncooked quinoa (2,4)
1 can water chestnuts (4)
1T tamar (4)
hamburger buns, optional (1)*
(OR buy additional lettuce for lettuce wrapped burgers)



Veggies

2-3 large avocados (1,4)
green onion (1,4)
1 jalapeño (1)
large head broccoli (3)
1 bunch celery (5,7)
1 red onion (1,2)
1 yellow onion (4)
2 tubs sliced mushrooms (4)
1 yellow summer squash (2)
1 zucchini (2)
(summer squash ~1/2-3/4# ea)
1 head butter lettuce (4)
1 red, 1 yellow bell pepper(4)
5oz mixed greens (5)
5oz bag spinach (6)
2 large sweet potatoes (1)
(Hannah or Japanese)
4x baking potatoes (3)



Meats

1# ground turkey thigh (1)
~1-1.5# pork loin (2)
4 x bison steaks (3)
ribeye, 5-8oz each



Nuts & Seeds

1/2c chopped pecans (5)
1/2c chopped peanuts (4)



Oils & Vinegars

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



Fish

1# frozen shrimp, peeled,
deveined, tails removed (4)



Spices

1/4c Cajun Blend (1)*
1T paprika (1)
4T steak seasoning (3)*
2 tsp cinnamon (6,8)

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



August Menu, Week 2: Prep Day



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Pre-heat oven to 375 F. (3)

Ice Cream: Place ice cream maker in freezer. (8)



Baking Potatoes: Pierce potatoes with a fork. Bake at 375F for 1-1.25hr or until soft/ cooked through. Cool. [*] (3)



Quinoa: Add 4c water & 2c quinoa to large pot. Bring to a boil, turn heat to low. Cover & cook 20-25min. Set aside to cool. (2,4)



Sweet Potato: Cut 2 large sweet potatoes into thin "fries". Toss w/ 1-2T coconut oil, 1T paprika, S&P. [*] (1)

Jalapeño: Finely chop 1 jalapeño (remove seeds & white membrane), set aside. (1)

Red Onion: Finely dice 1 red onion, reserve ¼c for burgers (1), set aside remaining for tian (2). (1,2)

Garlic: Finely chop ~10 cloves, set aside 1T for burgers (1), 1T for tian (2) & 1T for wraps (4). (1,2,4)

Zucchini & Summer Squash: Thinly slice 1 of each into 1/8" thick rounds, set aside. (2)

Broccoli: Cut 1 large head broccoli into small, bite-sized pieces. Toss w/ 1T olive oil + S&P. [*] (3)

Green Onion: Set green part aside for wraps (4). Chop white part of green onions, set aside ½ for wraps (4) & ½ for burgers (1). (1,4)

Wraps: Finely dice 1 yellow onion, 2 bell peppers. Grate ginger for ~1T. Store w/ 1T chopped garlic & ½ chopped green onion. [*] (4)

Wraps: Finely chop 1 lg handful cilantro + 1 can water chestnut. Store together (but separate from above veg). [*] (4)

Salad: Finely chop celery for salad (enough for ¾c), set aside (5). Cut remainder of celery into sticks for snacking [*] (7). (5,7)

Salad: Cut 4oz cheddar into small cubes for salad. Cut grapes in half (enough for 1c, store extra for snacking), set both aside. (5)

Smoothie: Remove pits of 4 peaches & roughly chop. Roughly chop 2 bananas. Freeze all in a single layer in baggy/container. [*] (6)

Lettuce: Separate leaves from 1 head butter lettuce for wraps. Store wrapped in a damp paper towel. [*] (4)



Burgers (1): Heat 1T olive oil in a large sauté pan, over med-high heat, add: 1T jalapeño, 1T garlic, 1/4c red onion, ½ green onion (white only), & ¼c Cajun seasoning. Sauté 5-7 minutes, stirring occasionally. Set aside to cool. (1)

Tian: Heat 1tsp olive oil in large sauté pan & cook remaining chopped red onion + 1T garlic, cook 5-7 min or until translucent. (2)



Cinnamon Chocolate "Ice Cream" (8)

Place the following in a blender:

- 3 cans full fat coconut milk
- ½c honey (increase for a sweeter ice cream)
- ½c cocoa powder
- 1T vanilla extract
- 1tsp cinnamon

Blend until smooth/ combined. [*] (8)

(this mixture is now ready for the ice cream maker, but plan to store in the fridge until ready to make the ice cream)



Turkey Burgers (1)

Mix 1# ground turkey thigh with sautéed, cooled veggies/ spices. Form into 4 patties. [*] (1)

Bison Steak: Coat each steak w/ ~1T steak seasoning. [*] (3)

Sesame Quinoa: Toss together ½ cooked quinoa with 1-2T toasted sesame oil to serve with shrimp wraps. [*] (4)
Store remaining half of quinoa separately, to serve with pork & zucchini tian. [*] (2)

Salad (5)

Layer in container as follows:

½ mixed greens

½c grapes

2oz chopped cheddar (if using)

¼c chopped pecans

~⅓-½c chopped celery

Repeat layers. [*] (5)

Tian (2)

Place zucchini & summer squash coins in a large bowl and toss with the following:

- 1T olive oil

- zest & juice of 1 lemon

- ½tsp salt & fresh ground pepper

In a pie pan or small dish, layer in the following order:

- cooked red onion/ garlic

- zucchini & summer squash coins

- ~2T fresh grated parmesan

Cover with foil and refrigerate. [*] (2)



Balsamic Dressing/ Marinade: Whisk together: 1c olive oil + ½c balsamic vinegar.

Use half of the vinaigrette to marinate the pork if eating within 24-48 hours (2). Save the other ½ for the salad (5). [*] (2,5)

Lettuce Wraps, Sauce:

1T toasted sesame oil + 1T tamari + 1T rice vinegar. Whisk to combine. [*] (4)

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



August Menu, Week 2: Dish Day



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Meal Plans

Day 1

Cajun Turkey Burgers w/ White Sweet Potato Fries (1)

1. Pre-heat oven to 425 F. Place sweet potato fries in oven and roast for 45-55 minutes, tossing half-way through.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado for topping. Serve on buns or in lettuce wraps.

Day 2

Balsamic Roasted Pork Loin w/ Zucchini Tian & Quinoa (2)

1. Pre-heat oven to 400 F.
2. Place quinoa in oven, covered, re-heat for ~40 min (or microwave).
2. Remove foil from tian and bake, uncovered, 30-35 min.
3. Remove pork from marinade and bake for 20-30 min or a temp of 145 F.

Day 3

Bison Steaks w/ Baked Potatoes & Broccoli (3)

1. Pre-heat oven to 400 F. Place baked potatoes in oven for ~20 minutes or heated through.
2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Meanwhile, roast 1 head broccoli in oven for 15-20 minutes.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Day 4

Asian Shrimp Lettuce Wraps w/ Sesame Quinoa (4) *Note: defrost shrimp in fridge for 24-48 hours*

1. Pre-heat oven to 400 F, add quinoa, cover, re-heat for 30-40 minutes or warmed through. Slice 1-2 avocado.
2. Heat 1tsp coconut oil in large sauté pan. Add grated ginger, sliced mushrooms & chopped garlic, bell pepper & onions. Cook 4-6 minutes, move to the edge of the pan. Add shrimp, cooking 6-8 min or cooked through (pink in color).
3. Add cilantro, green onion tops & chopped water chestnuts & sauce. Toss everything to combine.
4. Serve in lettuce wraps topped w/ chopped peanuts & avocado slices.

Salad

Mixed Greens, Grapes, Celery, Pecans & Cheddar (5)

1. Bring dressing to room temp and shake well.

Breakfast

Peach-Almond Smoothie (6)

1. Blend until smooth: 1c water (or milk) + frozen peaches & bananas + 1/2c almond butter + 1 bag spinach + 1tsp cinnamon.
2. Yields 4 servings, may need to blend in 2 batches depending on blender size. Add more liquid as needed.

Snack

Celery w/ Almond Butter (7)

Dessert

Cinnamon Chocolate "Ice Cream" (8)

1. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately.
2. If ice cream is frozen prior to eating, let it set on counter for 5-10 min before serving, allowing to soften.