



August Menu, Week 2 - PALEO: 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
3. Meal 3: Bison Steaks w/ Baked Potatoes & Broccoli
4. Meal 4: Asian Shrimp Lettuce Wraps
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)
1 can water chestnuts (4)
1T coconut aminos (4)
3 cans full-fat coconut milk (8)
1/2c cocoa powder (8)
1/2c honey (8)
1T vanilla extract (8)*



Veggies

2-3 avocados (1,4)
1 bunch green onions (1,4)
1 jalapeño (1)
1 large head broccoli (3)
1 bunch celery (5,7)
1 head cauliflower (4)
2x 8oz sliced mushrooms (4)
1 yellow summer squash (2)
1 zucchini (2)
(summer squash ~1/2-3/4# ea)
2 heads butter lettuce (1,4)
1 red, 1 yellow bell pepper(4)
5oz mixed greens (5)
5oz bag spinach (6)
1 yellow onion (4)
1 red onion (1,2)
2 large sweet potatoes (1)
(Hannah or Japanese)
4x baking potatoes (3)
(OR sub sweet potatoes)



Meats

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



Fish

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



Nuts & Seeds

1/2c chopped pecans (5)
1/2c sliced almonds (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)



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 - PALEO: 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 4 potatoes with a fork. Bake at 375F for 1-1.25hr or until soft/ cooked through. Cool. [*] (3)



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

Green Onions: 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 dice 1 lg handful cilantro + 1 can water chestnut. Store together (but separate from above veg). [*] (4)

Wraps: Finely dice 1 yellow onion reserve ½ for cauliflower rice [*] (4), ½ for wraps. [*] (4)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure cauliflower is dry, set aside (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 from 4 peaches & roughly chop. Roughly chop 2 bananas. Freeze all in a single layer in baggy/ container (6)

Lettuce: Separate leaves from 2 heads butter lettuce for wraps. Store wrapped in a damp paper towel. [*] (1,4)



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 a large sauté pan & cook remaining chopped red onion + 1T garlic, cook 5-7 min or until translucent. (2)



Cauliflower Rice (4)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go to far or it will be mushy. [*] (4)

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)

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 coconut aminos + 1T rice vinegar. Whisk to combine. [*] (4)

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



August Menu, Week 2 - PALEO: 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 with lettuce wraps.

Day 2

Balsamic Roasted Pork Loin w/ Zucchini Tian (2) **Marinate pork in fridge for a minimum of 1 hr up to 48 hr**

1. Pre-heat oven to 400 F.
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 1-2t 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 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/ Cauliflower Rice (4) *Note: defrost shrimp in fridge for 24-48 hours*

1. Heat 1 T coconut oil in large sauté pan add half the onion & sauté ~10 min until translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. 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).
4. Add cilantro, green onion tops & chopped water chestnuts & sauce. Toss everything to combine.
5. Serve in lettuce wraps topped w/ sliced almonds & 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.