



August Menu, Week 3 - Paleo: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus
2. Meal 2: Grilled Lamb Chops w/ Pomegranate Molasses & Sautéed Swiss Chard & Shiitakes
3. Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant & Tomato Mozzarella Stacks w/ Pesto
4. Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips
5. Salad: Mixed Greens, Pear, Dried Cherries, Cucumber & Pecan
6. Breakfast: English Breakfast
7. Snack: Jicama
8. Dessert: Peach Cobbler



Herbs

1 lg bunch basil (1,2,3)
1 bunch rosemary (2)
1 head garlic (1,2,3)



Fruits

2 x lemon (1,3)
2# peaches (8)
2 x pears (5)
1 x jicama (7)



Dairy (optional)

3oz parmesan (1,3)
4oz fresh mozzarella ball (3)
½c grassfed butter (8)
(OR sub with coconut oil)



Pantry

4T pomegranate molasses,
optional (2)
(OR sub with mustard)
1c almond flour (8)
½c unsweet coconut flakes (8)



Veggies

2 bunches Swiss chard (2)
4 x carrots (4)
4 x parsnips (4)
1 x cucumber (5)
1 x asparagus (1)
6 x beefsteak tomatoes (3,4,6)
1 x lg eggplant (3)
8oz shiitake mushrooms (2)
16oz sliced mushrooms (6)
5oz bag spinach (6)
1.5# purple potatoes (1)
5oz. tub mixed greens (5)
1-2 avocados (4)
1 head romaine lettuce (4)



Meats

4-6 lamb chops,
~¾" thick (2)
4 boneless, skinless chicken
breasts, 5-8oz each (3)
1-1½# ground bison (4)
1 package bacon (4,6)*



Nuts & Seeds

1c medjool dates (8)
1c walnuts (1,3)
½c dried cherries (5)*
1½c pecans (5,8)



Spices

1T cinnamon (8)
1tsp ground ginger (8)



Fish

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



Oils & Vinegars

~1½c olive oil
½c balsamic vinegar (3,5)
¼c coconut oil (8)



Eggs

8 eggs (6) (omega-3)

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



August Menu, Week 3 - Paleo: Prep Day



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Pre-heat oven to 375 F. (4,6)

Bacon: Bake 1 package bacon in single layer for 20-25 min or until cooked through and just crispy. [*] (4,6)



Peaches: Remove pits and dice 2 peaches, set aside. (8)

Jicama: Peel and slice 1 jicama into sticks for snacking. (7)

Purple Potatoes: Cut 1.5# purple potatoes into 1/2" pieces, toss w/ 1-2T olive oil + S&P. [*] (1)

Asparagus: Remove ends from 1 bunch asparagus and discard. Toss remaining spears w/ 2tsp olive oil + S&P. [*] (1)

Swiss Chard & Mushrooms: From 2 bunches of chard, remove stems & discard. Finely chop swiss chard leaves + 8oz shiitake mushrooms + 2 cloves garlic. [*] (2)

Stacks: Thinly slice 2 beefsteak tomatoes & 4oz mozzarella. Slice 1 eggplant into 1/2" thick rounds. Store all 3 separately. [*] (3)

Tomatoes: Thinly slice remaining 4 beefsteak tomatoes, store 1/2 for burgers (4) & 1/2 for breakfast (6). [*] (4,6)

Carrots & Parsnips: Cut into 4 carrots and 4 parsnips into 1" slices. Toss w/ 1-2T olive oil. Season to taste w/ S&P. [*] (4)

Cucumber: Cut 1 cucumber into small, 1/4" pieces (option to peel and de-seed if preferred). Set aside for salad. (5)

Lamb: Finely chop fresh rosemary & basil (for ~2-3tsp each). Finely chop 1 clove garlic. Combine all w/ S&P & 1T olive oil. (2)

Lamb: Rub above herb, garlic & olive oil mix onto 4-6 lamb chops. [*] (2)



Peach Cobbler (8)

Place in food processor or blender:

1/2c (1 stick) butter or coconut oil **Note: if using blender & butter, cut butter into quarters before pulsing

1c dates, pits removed

1c pecans

1c almond flour

1/2c unsweetened coconut flakes

1T cinnamon

1tsp ground ginger

1/2tsp salt

Pulse until combined and it begins to form a ball.

Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely).

Cover with foil [*] (8)

Pesto (1,3)

Place the following in blender or food processor:

1/2c olive oil

1/4c water

1c walnuts

2oz parmesan (size of 1 domino)

1 lg garlic clove (~1t)

~1-2c fresh basil leaves

1/2tsp lemon zest + ~2T juice (~2 lemons; add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. Spread 2-3T pesto onto each salmon fillet. [*] (1)

Note: if not baking fish within 24 hours, delay adding pesto to salmon until dish day.

Save remaining pesto for eggplant, tomato & mozzarella stacks. [*] (3)



Bison Burgers (4)

Season 1-1.5# ground bison with S&P. Form into 4 patties. [*] (4)

Salad (5)

Layer in container as follows:

½ mixed greens

½ chopped cucumber

¼c dried cherries

¼c pecans

Repeat layers. [*] (5)



Balsamic Vinaigrette/ Marinade (3,5)

Whisk together:

1c olive oil

½c balsamic vinegar

pepper to taste. [*] (3,5)

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



August Menu, Week 3 - Paleo: Dish Day



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Day 1

Pesto Salmon w/ Purple Potatoes & Asparagus (1)

1. Pre-heat oven to 425 F.
2. Place potatoes (optional: toss with 1-2T grated parmesan) on oiled baking sheet, roast ~35-40 min, remove & toss after ~20 min.
3. Place salmon on an oiled baking sheet and bake for ~20 minutes or fish is cooked and flaky.
4. Place asparagus on baking sheet and roast for 10-12 minutes.

Day 2

Grilled Lamb Chops w/ Pomegranate Molasses & Sautéed Swiss Chard & Shiitake Mushrooms (2)

1. Heat grill (or sauté pan) to med-high. Cook lamb chops 3-4 min/ side.
2. Heat large sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 minutes or cooked. Season w/ S&P.
3. Serve lamb chops w/ pomegranate molasses on side for dipping.

Day 3 ***Marinate for minimum of 30min up to 12 hours (use ½ balsamic marinade, reserve half for salad (5))***

Balsamic Marinated Chicken w/ Grilled Eggplant & Tomato & Mozzarella Stacks & Pesto (3)

1. Pre-heat grill to med-high heat.
2. Remove chicken from marinade and grill 5-8min/ side or cooked through to 165 F.
3. Brush or spray eggplant w/ olive oil, S&P. Grill eggplant ~5min/ side. Layer eggplant, mozzarella, tomato & pesto.

Day 4

B.L.T.A. Burgers w/ Roasted Carrots & Parsnips (4)

1. Pre-heat oven to 450 F. place veggies in a single layer on a baking sheet. Pre-heat grill or large sauté pan for burgers.
2. Roast veggies for ~30-35 minutes, removing halfway through baking and toss.
3. Grill (or cook in sauté pan) burgers for 4-6 min/ side or desired doneness.
4. Slice avocado for topping on burgers. Serve burgers in lettuce wraps with bacon, sliced avocado & tomato.

Salad

Mixed Greens, Pear, Dried Cherries Cucumber & Pecan (5)

1. Bring vinaigrette to room temp, shake well. Reserve ½ of dressing for marinade (3).
2. Chop 1-2 pears and add to salad. Drizzle w/ balsamic vinaigrette.

Breakfast

English Breakfast (6)

1. Heat a lg sauté pan over med-high heat. Place 1T olive oil in pan, add 16oz sliced mushrooms. Season w/ S&P & cook 8-10 min.
2. Scoot mushrooms to side and add bacon to re-heat. Add 4-8 eggs and fry until desired doneness (option to poach).
3. Add 1 bag spinach and cook 2-5 min or just wilted. Season w/ S&P.
4. Serve cooked mushrooms, spinach & eggs with heated bacon & tomatoes on side.

Snack

Jicama (7)

Dessert

Peach Cobbler (8)

1. Bake 375 F for ~30 minutes or filling is warmed and bubbly and topping is beginning to brown.