



# August Menu, Week 4: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Brined Pork Chops w/ Sautéed Cabbage & Apples
2. Meal 2: Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices
3. Meal 3: Summer Pasta
4. Meal 4: Orange-Ginger Grilled Chicken Legs w/ Veggie Stir Fry & Brown Rice
5. Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio
6. Breakfast: Apple Muffins
7. Snack: Carrots w/ Cashew Butter
8. Dessert: Watermelon



## Herbs

- 1 bunch cilantro (2)
- 1 bulb garlic (1,2,3,4)
- 3" ginger knob (4)
- 1 bunch fresh mint (5)
- 1 bunch basil (3)



## Fruits

- 2# red apples (1,6)
- 2 lemons (2,3)
- 2 limes (2)
- 2 oranges (2,4)
- 1 watermelon (5,8)



## Dairy (optional)

- 8oz feta crumbles, (3,5)
- 1tsp butter (1)



## Pantry

- 2c brown rice (2,4)
- 1/2c cashew butter (7)
- 1/3c maple syrup (6)
- 1tsp vanilla extract (6)\*
- 1.5tsp baking soda (8)
- 1.5tsp baking powder (6)\*
- 1/2c tamari (4)\*
- 15oz chickpeas (3)
- 1/4c sliced kalamata olives (3)
- 10oz gfree penne pasta (3)



## Veggies

- 1 head purple cabbage (1) (pre-chopped if avail)
- 1 cucumber (2)
- 4 large carrots (7)
- 1 head broccoli (4)
- 2 pints cherry tomatoes (3)
- 2 x 8oz sliced mushrooms (3)
- 4 portabella mushrooms (4)
- 1 large zucchini (3)
- 1 red onion (4,5)
- 5oz tub arugula (5)



## Meats

- 4 thin-cut, bone-in pork chops (1)
- 4 chicken legs (4)



## Nuts & Seeds

- 3.5c almonds (6) (OR 3c almond flour)
- 1/2c chopped pistachios (5)
- 1/2c pinenuts, optional (3)



## Spices

- 1T juniper berries, optional (1)
- 2 bay leaves (1)
- 1T whole peppercorns (1)
- 1T pumpkin pie spice (6)
- 1tsp red chili flakes, optional (4)



## Fish

- 1-1.5# shrimp (2) peeled, deveined, tail removed



## Oils & Vinegars

- ~1 1/2c olive oil
- 3-4T coconut oil (1,4)
- 2T toasted sesame oil (4)
- ~1tsp apple cider vinegar, optional (1)
- 1/4c rice vinegar (4)



## Eggs

- 4 eggs (6) (omega-3)

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



## August Menu, Week 4: Prep Day



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**Pre-heat oven to 375 F. (3,6)**



**Apples:** Peel & roughly chop 2-3 apples, enough for 1½c, for muffins (6). Roughly chop remaining apples for sauté (1). (1,6)

**Cabbage:** Finely chop 1 head purple cabbage (option to use a food processor). (1)

**Cucumber:** Cut 1 cucumber into slices. [\*] (2)

**Carrots:** Slice 4 carrots for snacking. [\*] (7)

**Watermelon:** Cut 1c watermelon into small ½" cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [\*] (5,8)

**Red Onion:** Thinly slice 1 red onion. Keep ~2T for salad (5), save remaining onion for stirfry (4). (4,5)

**Stirfry:** Cut 1 head broccoli into 2-3" pieces, slice 4 portabella mushrooms. (4)

**Stirfry:** Peel & grate ½ of ginger (~1T) & chop 1T garlic. Store broccoli, mushrooms, onion, 1T ginger & 1T garlic in a container. [\*](4)

**Ginger:** Peel any remaining ginger (~1-2" knob) for chicken marinade. Set aside. (4)

**Pasta:** Chop 1 zucchini into ½" bite-sized pieces (3)



**Rice:** Place 4c water + 2c brown rice in a pan, bring to a boil, turn heat to low, cover w/ a lid and cook 30-45 min. Cool. [\*] (2,4)

### **Brine:**

Bring 4-6c water to a boil, whisk in:

1T sea salt

1T each juniper berries & whole black peppercorns

1 "smashed" garlic clove

2 bay leaves

Cool in fridge for ~30 min. Place pork in brine for 12-48 hours. [\*] (1)

**Sautéed Cabbage & Apples:** Heat 1tsp butter (or coconut oil) over med heat & place 2-3 chopped apples and 1 head cabbage, chopped, in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 minutes, stirring occasionally. Remove lid during final 5-10 min of cooking. [\*] (1)



### **Apple Spice Muffins (6)**

In blender or food processor, blend 3.5c almonds until a fine powder, but before forming a paste (or use 3c purchased almond flour).

Stir together in large bowl:

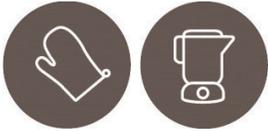
- 3 cups almond flour
- 1.5tsp baking soda
- 1.5tsp baking powder
- 1T pumpkin pie spice

In blender, puree together:

- 4 eggs
- ⅓c maple syrup (or brown sugar)
- 1tsp vanilla extract
- ¾c apples, roughly chopped

Add wet ingredients to dry and stir in ¾c additional diced apples.

Fill lined muffin tins with batter and bake at 375 F for 30-35 minutes. Cool. Yields 20-22 muffins. [\*] (6)



### Summer Pasta (3)

**Roasted Veg:** toss 2 pints cherry tomatoes, 2 tubs sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P. Roast at 425 F in single layer on 1-2 sheet pans for 20-25 minutes. Cool, set aside.

**Pasta:** bring large pot of water to boil and cook 1 box gfree penne pasta according to package instructions. (3)

### Lemon Basil Sauce:

In blender blend: ¼c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss pasta + roasted veg + lemon basil sauce + 15oz chickpeas, drained + ¼c sliced olives + 4oz feta cheese + ½c pine nuts. [\*] (3)



### Shrimp Marinade (2)

Blend the following until smooth:

Zest and juice of 2 limes

Zest and juice of 1 orange (save zest & juice of 2nd orange for chicken marinade, 4)

Zest and juice of 1 lemon

large handful cilantro

½c olive oil

½c water

2tsp salt

2 cloves garlic, peeled [\*] (2)

Note: no need to clean blender/ food processor in between making shrimp & chicken marinade.

### Chicken Marinade (4)

Blend the following until smooth:

1c olive oil

1T toasted sesame oil

¼c tamari

1-2" peeled ginger knob

1T honey, optional

Zest and juice of 1 orange (save zest & juice of 2nd orange for shrimp marinade, 2)

Marinate chicken 24-48 hours prior to cooking (recommend marinating on night 3). [\*] (4)

**Stir Fry Sauce (4):** Combine ¼ c tamari + ¼ c rice vinegar + 1T toasted sesame oil [\*] (4)

**Balsamic Dressing (5):** Combine ½ cup olive oil + ¼c balsamic vinegar [\*] (5)



### Salad (5)

Layer in container as follows:

½ arugula tub

1T sliced red onion

small handful mint leaves (gently tear into small pieces)

½c cubed watermelon

¼c chopped pistachios

½ feta crumbles (2-3oz)

Repeat layers (5). [\*]

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



## August Menu, Week 4: Dish Day



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Meal Plans

### Day 1 **\*Note: Place pork in brine in morning if not already in brine\***

#### Brined Pork Chops w/ Sautéed Cabbage & Apples (1)

1. Place pork chops in brine, ideally for ~12 hours (in fridge). (Note: less time is ok.)
2. Pre-heat oven to 400 F.
3. Heat cabbage & apples in large sauté pan over med to med-high heat, covered, ~15-20min, stirring occasionally.
4. Heat 1-2tsp oil in sauté pan. Remove chops from brine, pat dry. Cook until brown on both sides (3-4min/ side).
5. Transfer to oven and bake for ~16-18 minutes or cooked to 145 F. (Option to skip browning & bake for 30min at 400 F.)

### Day 2

#### Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices (2)

1. If using frozen shrimp, remove from freezer and place in the refrigerator the night before or first thing in the morning.
2. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking. Pre-heat oven to 400 F.
3. Re-heat ½ of brown rice (reserving ½ for stirfry), covered, in oven for 35-45 min.
4. Bake shrimp for ~10 minutes or until just pink/ cooked through.

### Day 3

#### Summer Pasta (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
2. Add pasta & veggies and sauté until heated through, ~6-8 minutes.

**\* Marinate chicken legs for Day 4 \***

### Day 4 **\*marinate 12-48 hr in advance\***

#### Orange-Ginger Grilled Chicken Legs w/ Veggie Stir Fry & Brown Rice (4)

1. Re-heat remaining rice, covered in 350F oven for ~30-40 minutes or in microwave. Pre-heat grill to medium (350 F).
2. Drain & discard marinade from chicken legs. Grill chicken for 25-35 minutes or until cooked to 165 F.
3. Add 1T coconut oil to a sauté pan over med-high heat. Add garlic, ginger, onions, broccoli & mushrooms, sauté for 10 min.
4. Add sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over warmed rice.

### Salad

#### Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle ~1T over 1 serving of salad.

### Breakfast

#### Apple Muffins (6)

### Snack

#### Carrots w/ Cashew Butter (7)

### Dessert

#### Watermelon (8)