



August Menu, Week 4 - PALEO: 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/ Cauliflower Rice & Cucumber Slices
3. Meal 3: Summer "Pasta" w/ Chicken Sausage
4. Meal 4: Chicken & Veggie Stir Fry w/ Cauliflower 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 x watermelon (5,8)



Dairy (optional)

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



Pantry

- ½c cashew butter (7)
- 1/3c maple syrup (6)
- 1tsp vanilla extract (6)*
- 1.5tsp baking soda (6)
- 1.5tsp baking powder (6)
- ¼c coconut aminos (4)*
- ¼c sliced kalamata olives (3)



Veggies

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



Meats

- 4 thin-cut, bone-in pork chops (1)
- 1# raw chicken sausage (3)* (Italian style or similar)
- 1 # boneless, skinless chicken breast (4)



Nuts & Seeds

- 3.5c almonds (6) (OR 3c almond flour)
- ½c chopped pistachios (5)
- ½c 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)



Oils & Vinegars

- ~1½c olive oil
- 3-4T coconut oil (1,4)
- 2T toasted sesame oil (4)
- ~1tsp apple cider vinegar, optional (1)
- ¼c 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 - PALEO: 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 apple for sauté (1). (1,6)

Cabbage: Finely chop 1 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 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. Set aside ~2T for salad (5), save remaining onion for stirfly (4). (4,5)

Yellow Onion: Finely chop 1 yellow onion for cauliflower rice [*] (2,4)

Cauliflower: Remove core, leaves, & dark spots from 1 cauliflower. Coarsely chop make sure it is completely dry and set aside (2,4)

Stirfry: Cut 1 broccoli into 2-3” pieces, thinly slice 4 portabella mushrooms. (4)

Stirfry: Peel & grate ginger (~1-1.5T) & chop 1T garlic. Place broccoli, mushrooms, onion, ginger & 1T garlic into a container. [*] (4)

Zucchini Noodles: From 2-4 zucchini, use spiralizer or mandolin to make “spaghetti-like” zoodles (can also cut by hand). [*] (3)

Chicken: Thinly slice 1 # boneless, skinless chicken breast. [*] (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 chopped cabbage 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
- ½c 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)



Pasta (3)

Toss 2 pints cherry tomatoes, 16oz tub sliced mushrooms + 1-2T olive oil + S&P.
Roast at 425 F in single layer on 1-2 sheet pans for 20-25 minutes (or ~30min at 375 F). Cool, set aside.

Chicken Sausage: remove sausage from casing & sauté 8-12 min, breaking apart, until cooked through.

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

Toss roasted veggies w/ Lemon Basil Sauce + Chicken Sausage + ¼c sliced olives + 4oz feta cheese + ½c pine nuts. [*] (3)



Cauliflower Rice (2,4)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go too far or it will be mushy. [*] (2,4)

Shrimp Marinade (2)

Blend the following until smooth:

- Zest and juice of 2 limes
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 large handful cilantro
- ½c olive oil
- ½c water
- 2tsp salt
- 2 cloves garlic, peeled. [*] (2)



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
- Repeat layers (5). [*]



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

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

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



August Menu, Week 4 - PALEO: 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). (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/ Cauliflower 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. Heat ½ chopped onion & ½ cauli rice (reserve ½ for stirfry), in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min.
4. Bake shrimp for ~10 minutes or until just pink/ cooked through.

Day 3

Summer "Pasta" w/ Chicken Sausage (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
2. Add veggie & chicken mixture and sauté until heated through, 5-6 minutes.

Day 4

Chicken & Veggie Stir Fry w/ Cauliflower Rice (4)

1. Heat 2T coconut oil in a large sauté pan, add remaining chopped onion & cauliflower rice and cook 6-8 minutes. Season w/ S&P.
2. Add 1T coconut oil to a sauté pan over med-high heat. Add chicken, garlic, ginger & onions. Sauté 3-4 minutes.
3. Add broccoli & mushrooms, sauté for 6-8 minutes.
4. Add sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over cauliflower 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)