



August Menu, Week 5: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Smoky Paprika Chicken & Herb Roasted Trio of Fall Veggies
2. Meal 2: Pecan-Crusted Salmon w/ Roasted Red Pepper & Sweet Potato Soup
3. Meal 3: Pizza Soup
4. Meal 4: Blackbean Burgers w/ Avocado & Paprika Roasted Cauliflower
5. Salad: Italian Side Salad
6. Breakfast: Gluten-Free Banana Pancakes
7. Snack: Apples w/ Pecan Butter
8. Dessert: Cranberry-Walnut Dark Chocolate Drops



Herbs

- 1 bulb garlic (2,3)
- 1 small bunch cilantro (4)



Fruits

- 4 apples (7)
- 4 ripe bananas (6)



Dairy (optional)

- 5oz goat cheese crumbles (2)
- 4oz pepperjack or swiss cheese slices (4)



Pantry

- 1.5c gluten free rolled oats (4)
- 2 x 15 oz can black beans (4)
- 28oz can diced tomato (3)
- 2.25oz sliced black olives (3)
- 1c dark chocolate chips or discs (70%+ preferred) (8)
- 1c vegetable broth (2)*
- 4c beef broth (3)*
- 4T almond butter, optional (6)*
- 1/2c pecan butter (7)*
- 4T maple syrup, optional (6)
- GF hamburger buns (4)
- (OR sub lettuce for wrap)



Veggies

- 1# bag carrots (1,5)
- 1 fennel bulb (1)
- 2 parsnips (1)
- 1 cauliflower head (4)
- 2 avocados (4)
- (slightly hard, use on day 4)
- 1 pint cherry tomatoes (5)
- 1 cucumber (5)
- 2 red bell peppers (2)
- 2 green bell peppers (3)
- 2 sweet potatoes (2)
- 1 yellow onion (2)
- 1 red onion (3)
- 8oz sliced mushrooms (3)
- 5oz tub mixed greens (5)



Meats

- 4 bone-in, skinless chicken legs (1)
- (OR breasts if preferred)
- 4oz pepperonis (3)*



Nuts & Dried Fruit

- 2c pecans (2)
- 1/4c sliced almonds (5)
- 1c walnuts (8)
- 1/4c cranberries, dried (8)



Fish

- 4 x salmon fillets (2)
- (4-6oz/ portion)



Oils & Vinegars

- ~1c olive oil
- 1/4c red wine vinegar (5)



Spices

- 1.5T chili powder (2,4)*
- ~3 1/2T smoked paprika (1,4)
- 1tsp garlic powder (4)
- 1/8tsp cayenne, optional (4)
- 3T Italian seasoning (1,5)*
- 1/4tsp chipotle powder (2)
- ~1T cinnamon (6,8)
- 1T dried basil (3)
- 1T dried oregano (3)



Eggs

- 8 eggs, omega 3 (2,4,6)

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



August Menu, Week 5: Prep Day



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Sweet Potato Soup: Roughly chop 2 sweet potatoes, 2 bell peppers, 3 garlic cloves & ½ yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2"). (2)

Soup: Finely chop 1 clove garlic + 1 red onion + 2 green bell peppers + 4oz pepperoni. Set aside. (3)



Sweet Potato Soup: In a large soup pot heat 1tsp olive oil + ½ onion + 3 cloves garlic + 2 red bell pepper (all rough chopped), cook over medium high for 10 minutes. Add 2 chopped sweet potatoes and cook 5 more minutes. Add 1c vegetable broth & 4c water, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Allow to cool. (2)

Pizza Soup: In a large soup pot heat 1tsp olive oil over med-high heat and add chopped veg (1 garlic clove + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms). Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives, drained. Bring to a low boil and lower to a simmer.

Cook ~30 minutes. Add liquid as needed. Season to taste w/ S&P as needed. Allow to cool. [*] (3)



Pancakes (6)

Place the following in a blender:

4 bananas + 4 eggs + 4T almond butter + ½T cinnamon

Blend until smooth.

Option: cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side.

OR keep batter in fridge & make "fresh" pancakes at breakfast. (6)



Salad: Dice 1 cucumber into 1c bite-sized pieces, set aside. Option: save any remaining cucumber for snacking during week. [*]

Cut 1 carrot into small pieces (or grate). Set aside. (5)

Root Veggies: Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens.

Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1)

Option: cut remaining carrots for snacking. [*]

Cauliflower: Cut 1 head cauliflower into 1-2" bite-sized pieces. Toss w/ 1T olive oil + 1T smoked paprika, 1tsp salt. (4) [*]



Dark Chocolate Drops (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted. Remove chocolate from heat and stir in 1/2tsp cinnamon + 1c walnuts + 1/4c dried cranberries. Use a tablespoon and drop onto parchment or foil. Allow to cool in the refrigerator. I prefer storing in the freezer. [*] (8)



Sweet Potato Soup (2) (blend in 2-3 batches as necessary)

Place cooked veggies into blender, add 1/4tsp chipotle powder + 1/4tsp salt. Blend until smooth adding water if needed. Adjust salt & chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1-2T chili powder). [*] (2)

Blackbean Burgers (4)

In a food processor, pulse 1.5c gluten free oats until coarsely ground. Add 2 cans rinsed/drained black beans + 2 eggs + 1/4c rough chopped cilantro + 2tsp chili powder + 1tsp smoked paprika + 1tsp garlic powder + 1/2tsp salt + 1/8tsp cayenne, optional for heat. Pulse until combined. Form batter into 4-6 patties [*] (4)
Tip: slightly wet hands when forming each patty to help prevent sticking.

Salmon: Blend 2c pecans + 1T chili powder until nuts are coarsely chopped, pour into a shallow bowl, set aside. (2)



Salmon (2)

Crack 2 eggs into a shallow bowl and whisk. Dredge salmon fillet into whisked eggs, covering completely. Then place salmon in spiced chopped pecans, covering completely. Repeat for all fillets. Season each w/ sea salt (~1/4tsp total). [*] (2)

Chicken Marinade: Whisk together: 1/4c olive oil + 2T smoked paprika + 1tsp salt. Add chicken, covering completely. [*] (1)

Salad (5)

Layer the following in a large bowl (or into mixed greens tub):

1/2 salad greens
1/2c chopped cucumber
1/2 chopped/grated carrot
1/2 pint cherry tomatoes
1/8c sliced almonds
Repeat layers. [*] (5)



Italian Vinaigrette (5)

Whisk together the following:

1/2c olive oil + 1/4c red wine vinegar + 1T Italian Seasoning, S&P. [*] (5)

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



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August Menu, Week 5: Dish Day

Day 1

Smoky Paprika Chicken & Herb Roasted Fall Veggies (1)

1. Pre-heat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F).

Day 2

Pecan-Crusted Salmon w/ Roasted Red Pepper & Sweet Potato Soup (2)

1. Pre-heat oven to 425 F. Place fish in a baking pan and bake for 18-20 minutes or cooked through/ flaky.
2. Meanwhile, re-heat soup on stovetop over medium until bubbly/ heated through (~10-15 minutes).
3. Option to crumble goat cheese on top of soup and season to taste w/ S&P.

Day 3

Pizza Soup (3)

1. Re-heat on stovetop over medium heat until bubbly, reduce to low, heat ~20 min or heated through (stirring occasionally).
2. Add water or broth if needed for desired consistency.

Day 4

Blackbean Burgers w/ Avocado & Paprika Roasted Cauliflower (4)

1. Pre-heat oven to 450 F. Place cauliflower in a single layer on a baking sheet.
2. Roast for ~30-35 minutes, removing cauliflower halfway through baking and tossing.
3. Heat 1T oil in a large saute pan over med-high heat, add patties and cook 4-5 min/ side or until golden brown.
4. Optional: top each burger w/ 1 slice pepperjack or swiss cheese and avocado slices

Salad

Italian Side Salad (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes). Shake/ whisk well to combine.

Breakfast

Gluten-Free Banana Pancakes (6)

1. If using batter, pre-heat pancake griddle or sauté pan on med heat, 2-3 min/ side.
2. OR to re-heat pre-made pancakes, heat in a sauté pan for 1-2 min/ side.
3. Option to spread with any remaining almond butter & drizzle w/ maple syrup.

Snack

Apples w/ Pecan Butter (7)

Slice apple w/ apple slicer or knife & use a tablespoon to scoop out pecan butter. 1 serving = 1 apple + 1T pecan butter.

Dessert

Cranberry-Walnut Dark Chocolate Drops (8)