



October Menu, Super Fast: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Pan Fried Grouper w/ Polenta & Spinach
2. Meal 2: Slow Cooker Pork & Apples
3. Meal 3: Salt & Pepper Drumsticks w/ Peas & Polenta
4. Meal 4: Pulled Pork Lettuce Wraps w/ Citrus Slaw
5. Salad: Mixed Greens w/ Shredded Carrot & Pumpkin Seeds
6. Breakfast: Pumpkin Smoothie Bowl
7. Snack: Orange Wedges
8. Dessert: Frozen Cherries



Veggies

1 large carrot (5)
~10oz baby spinach (1)
10oz bag shredded cabbage (for slaw) (4)
1 yellow onion (2)
butter lettuce for wraps (4)
5oz tub mixed greens (5)



Meats

~3.5# pork shoulder roast (2,4)
~1.5# chicken drumsticks (3)
(bone-in, skin-on)



Nuts & Seeds

1c pumpkin seeds (5,6)



Pantry

2c organic cornmeal (1,3)
(for polenta)
4T coconut aminos (4)
(OR tamari/ soy sauce)
2 cans pumpkin puree (6)*
1 can coconut milk (6)
(OR milk of choice)
1c shredded coconut (6)
(unsweetened)
½c cacao nibs (6)
(OR dark chocolate chips)



Fruit

10 oranges (4,7)
4 apples (2)
4 ripe bananas (6)



Fish

4-8 x grouper fillets (1)
(OR salmon, trout, tilapia, cod)



Frozen

1 bag dark sweet cherries (8)
12oz green peas (3)



Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)
1T apple cider vinegar (4)



Spices

1tsp garlic powder (1)
1tsp paprika (1)
1tsp cinnamon (6)

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



October Menu, Super Fast: Prep Day (1 hour!)



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Polenta:

Combine 2c cornmeal + 8c water in large pot, bring to a light boil, whisking continually. Turn to low & cook 20-30 minutes, whisking occasionally. Season w/ S&P. [*] (1,3)



Bananas: Peel & cut 4 ripe bananas into quarters & store in freezer. (6)

Carrot: Shred 1 large carrot on a cheese crater (or chop). Toss together w/ 5oz mixed salad greens + 1/2c pumpkin seeds. [*] (5)

Oranges: Zest & juice 2 oranges (~1tsp zest & 1/4c juice), set aside (4); cut remaining 8 oranges into wedges for snacking [*] (7). (4,7)

Apples: Cut 4 apples into ~2" pieces (~8 pieces/ apple). Place in a storage container filled with water to prevent browning. [*] (2)

Onion: Roughly chop 1 yellow onion into ~2" pieces. [*] (2)



Citrus Slaw (4)

Whisk together: 1/4c orange juice + 1/4c olive oil + 1T apple cider + S&P

Toss dressing (above) w/ 10oz shredded cabbage. [*] (4)

Option to keep cabbage & dressing separate; I prefer pre-mixing.

Groupers: Season 4-8 pieces grouper (or fish of choice) w/ a sprinkle of garlic powder + paprika + S&P. [*] (1)

Pork: Pat ~3.5# pork roast dry and season liberally w/ S&P. [*] (2,4)

Chicken: Pat drumsticks (~1.5#) dry and season w/ S&P. [*] (3)



Balsamic Dressing: Combine 1/2c olive oil + 1/4c balsamic vinegar. [*] (5)

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



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October Menu, Super Fast: Dish Day

Day 1

Pan Fried Grouper w/ Polenta & Spinach (1)

1. Place $\frac{1}{2}$ of polenta in a small pot w/ 1-2T of water, cover and cook over medium heat for 15-20 min, stirring occasionally.
2. Heat a large saute pan over med-high heat, add ~1T olive oil, cook fish 3-4 min/ side or cooked.
3. Cook spinach in a saute pan over medium-high heat w/ 1-2tsp oil for 3-5 min, season w/ S&P. (option to use same pan as fish)

Day 2

Slow Cooker Pork & Apples (2)

1. Place the following in a slow cooker: chopped onion, then pork roast & then apples (water drained & discarded).
2. Cook on high for 4-6 hours OR on low for 8-10 hours.
3. Reserve ~4c pork for D4.

Day 3

Salt & Pepper Drumsticks w/ Peas & Polenta (3)

1. Pre-heat oven to 425 F. Place drumsticks in a single layer on a baking sheet.
2. Place frozen peas in a baking pan, season w/ S&P & cover with foil (or lid). Place $\frac{1}{2}$ of polenta in a baking pan & cover.
3. Bake chicken for 30-35 minutes or cooked to 165 F. Heat peas & polenta in oven, ~30 min or heated through

Day 4

Pulled Pork Lettuce Wraps w/ Citrus Slaw (4)

1. Place ~4c pulled pork from D2 in a large saute pan cooking over med-high heat (removing any apples) and "shredding" pork.
2. Cook ~10-12 min or heated through. Season to taste w/ 2-4T coconut aminos (OR soy sauce/ tamari). Serve in lettuce wraps.

Salad

Mixed Greens w/ Shredded Carrot & Pumpkin Seeds (5)

1. Drizzle balsamic vinaigrette over salad.

Breakfast

Pumpkin Smoothie Bowl (6)

1. Place 2 frozen bananas + $\frac{1}{2}$ c coconut milk (or milk of choice). Blend until bananas become smooth (option: add 1-2T water).
 2. Add $\frac{1}{2}$ c pumpkin puree + $\frac{1}{2}$ tsp cinnamon, blend until smooth. This yields 2 servings. Repeat for additional servings.
 3. Top smoothie bowl with 1-2T of the following, as desired: shredded coconut, cacao nibs and/or pumpkin seeds.
- Note: use extra coconut milk in your tea or coffee OR freeze in an ice cube tray and use for future smoothies.

Snack

Orange Wedges (7)

Dessert

Frozen Cherries (8)

1. Remove cherries from freezer when you begin eating dinner. In ~30 min cherries will be perfectly "partially defrosted." Enjoy!