



September Menu, Super Fast: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Balsamic Salmon Pouch w/ Cherry Tomatoes & Broccoli & Quinoa
2. Meal 2: Lamb Kofta w/ Tahini Sauce & Parsley Quinoa
3. Meal 3: Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts
4. Meal 4: Middle Eastern Veggie Salad
5. Salad: Arugula w/ Blackberries, Pecans & Goat Cheese Crumbles
6. Breakfast: Cherry-Pecan Overnight Oats
7. Snack: Mini Bell Peppers
8. Dessert: Fresh Figs w/ Honey Yogurt



Herbs

1 bunch parsley (2,4)
2 cloves garlic (2,4)



Meats

4 pre-cooked chicken sausages (3)*
1-1.5# ground lamb (2)
(OR sub ground beef or bison)
Note: option to add to salad, increase to 2# ground meat



Dairy (optional)

~8oz goat cheese crumbles (3,5)
16oz Greek yogurt (8)
(organic, full fat preferred)



Pantry

1 can chickpeas (4)
½c tahini (2,4)
2c uncooked quinoa (1,2)
1 box GF pasta (3)
½c kalamata olives (3)
14oz can quartered artichoke hearts (3)
2T honey, optional (8)
3c quick-cooking, GF oats (6)
1 can lite coconut milk (6)
parchment for salmon (1)
(OR use foil)



Veggies

1 cucumber (4)
2 pints cherry tomatoes (1,4)
1 bag chopped broccoli (1)
5oz chopped romaine (4)
5oz tub arugula (5)
1 bag mini bell peppers (7)



Fish

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



Nuts & Seeds

~1c chopped pecans (5,6)
2T pine nuts (3)



Fruit

2 lemons (2,4)
1 pint blackberries (5)
2 pints fresh figs (8)
(OR sub w/ fruit of choice)



Frozen

10oz frozen cherries (6)



Oils & Vinegars

~1½c olive oil
¾c balsamic vinegar (1,5)



Spices

1tsp cumin (2)
2tsp coriander (2)

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



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



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Quinoa: place 2c quinoa & 4c water in a pot, cook over low for ~20 min. Store $\frac{1}{2}$ for salmon [*] (1); set $\frac{1}{2}$ aside for kofta (2). (1,2)



Cucumber: dice 1 cucumber for salad, set aside. (4)

Parsley: Finely dice fresh parsley. Set aside ~1T for lamb (2) & 2T for salad (4). Toss ~ $\frac{1}{4}$ c parsley w/ $\frac{1}{2}$ cooked quinoa [*] 2. (2,4)

Pasta: Cut 4 chicken sausaged in 1" pieces, toss w/ $\frac{1}{2}$ c sliced olives + 14oz quartered artichokes, drained + 2T pine nuts. [*] (3)



Salmon Pouches (1)

Place each salmon on a piece of parchment (or foil). Evenly divide 2 pint cherry tomatoes & chopped broccoli and place on salmon. Drizzle ~1T balsamic vinegar over each pouch. Seal each pouch. Visit prepdish.com/salmonpouch for pictures. [*] (1)

Middle Eastern Salad (4)

Toss together the following:

- 5oz chopped romaine
- 1 can chickpeas, drained & rinsed
- 1c chopped cucumber
- 1 pint cherry tomatoes
- 1-2T chopped fresh parsley. [*] (4)

Blackberry Salad (5)

Layer the following in a 5oz salad tub:

- $\frac{1}{2}$ of arugula + $\frac{1}{2}$ pint blackberries + 2T chopped pecans + 2oz goat cheese crumbles (reserve $\frac{1}{2}$ of crumbles for pasta, 3)
- Repeat layers. [*] (5)

Oats: Stir together 3c oats + 10oz frozen cherries + 2c water + $\frac{1}{2}$ c chopped pecans + 1 can lite coconut milk. [*] (6)

Honeyed Yogurt: Whisk together 16oz Greek yogurt + 2T honey. [*] (8)

Tahini Sauce (2,4)

Place the following in a food processor or blender:

- $\frac{1}{2}$ c tahini (stirred)
- 3T lemon juice
- 1-2 cloves garlic (smashed, skin removed)
- $\frac{1}{2}$ c water
- 1T olive oil
- $\frac{1}{4}$ tsp salt (or to taste)
- Blend on high until smooth together. [*] (2,4)

Lamb Kofta: Mix 1-1.5# lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P; form into 4-8 patties. [*] (2)

Note: if you want to add to salad, D4, then use 2# ground lamb, $\frac{1}{2}$ tsp cumin, 3tsp coriander & $1\frac{1}{2}$ T parsley.

Balsamic Dressing: Combine $\frac{1}{2}$ cup olive oil + $\frac{1}{4}$ c balsamic vinegar. [*] (5)

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



September Menu, Super Fast: Dish Day



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Day 1

Balsamic Salmon Pouch w/ Cherry Tomatoes & Broccoli & Quinoa (1)

1. Pre-heat oven to 400 F. Re-heat quinoa, covered, 30-40 minutes OR microwave.
2. Bake salmon pouches for 16-18 minutes.

Day 2

Lamb Kofta w/ Tahini Sauce & Parsley Quinoa (2)

1. Re-heat quinoa in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Cook kofta in large sauté pan over med-high heat for 4-5min/ side (or grill). Option to save leftover lamb to serve on salad (4).

Day 3

Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts (3)

1. Bring a large pot of water to boil & cook pasta according to package instructions.
2. While pasta cooks, heat sausage, olives, artichokes & nuts in a large sauté pan over med-high heat for 8-10 min.
3. Toss cooked pasta + heated sausage + veggies + 4oz goat cheese crumbles (if using).

Day 4

Middle Eastern Veggie Salad (4)

1. Whisk Tahini Sauce and drizzle over salad. Option to toss any leftover quinoa and/or lamb into salad.

Salad

Arugula w/ Blackberries, Pecans & Goat Cheese Crumbles (5)

1. Drizzle balsamic vinaigrette over salad.

Breakfast

Overnight Oats w/ Cherries (6)

Snack

Mini Bell Pepper

Dessert

Fresh Figs w/ Honey Yogurt (8)

1. Slice figs and serve with honeyed yogurt.