



September Menu, Week 1: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms
2. Meal 2: Cajun Shrimp w/ Polenta & Green Beans
3. Meal 3: Taco Salad
4. Meal 4: Beef & Eggplant Lasagna
5. Salad: Spinach w/ Dried Cranberries, Walnuts & Feta
6. Breakfast: Oatmeal w/ Cranberries & Sliced Almonds
7. Snack: Asian Pears & Walnuts
8. Dessert: Almond Butter Brownies



Fruits

4 Asian pears (7)
4 limes (3)



Meats

1# ground beef (4)
(Grassfed 95% lean)
4 chicken breasts, pounded
thin/ scallopini (1)
4 slices of thin-cut bacon (1)*



Dairy (optional)

4oz soft goat cheese log (1)
4-6oz crumbled feta (5)
1½c shredded parmesan (4)
32oz low-fat Greek yogurt (4)



Pantry

1 x 16oz jar almond butter (8)
Brown rice lasagna noodles
(4)*
2c gluten-free oatmeal (6)
1 x 25.5oz spaghetti sauce (4)*
1c medium grind cornmeal (2)
1 can kidney beans (3)
½c cocoa powder (8)
1tsp baking soda (6,8)
1c agave, honey or maple
syrup (8)
1T honey, optional (3)



Veggies

1 clove of garlic (1)
1 carrot (3)
1 pint cherry tomatoes (3)
2 avocados (3)
1 bunch cilantro (3)
1 bunch Swiss chard (1)
8oz sliced mushroom (4)
8oz whole mushrooms (1)
3c green beans (2)
1 eggplant (4)
1 jicama (3)
2 corn cobs (3)
(OR 1c frozen kernels)
1 yellow bell pepper (3)
2 lg red potatoes (1)
5oz tub spinach (5)
1 head romaine (3)



Fish

1# shrimp (2)
(peeled & deveined)



Nuts & Seeds

1½c walnuts (5,7)
1c dried cranberries (5,6)
½c sliced almonds (6)
½c pumpkin seeds (3)



Eggs

2 eggs (8) (omega-3)



Oils & Vinegars

~1½c olive oil
¼c balsamic vinegar (5)
2T apple cider vinegar (2)



Spices

1T Creole seasoning (2)*
2T Italian seasoning (4)*
1T oregano (1)
½T cinnamon (8)
1tsp vanilla (8)

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



September Menu, Week 1: Prep Day



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Pre-heat oven to 350 F. (4,8)



Taco Salad: Chop into 1" pieces: 1 head romaine, 1 bell pepper, 1 (peeled) jicama, 1 carrot. Halve 1 pint cherry tomatoes. Set aside. (3)

Bacon: Finely chop 4 slices of bacon into 1/2" cubes, set aside. (1)

Walnuts: Chop 1/2c walnuts for salad, set aside. (5) Store remaining 1c walnuts for snack. [*] (7)

Mushroom & Potato: Cut whole mushrooms in half & chop 2 red potatoes into 1/2" cubes. Toss w/ 1T oil, 1T oregano, S&P. [*] (1)

Eggplant: Thinly slice eggplant, 1/4" thick - best done on mandolin, spray/ rub lightly w/ olive oil, season w/ S&P, place on sheet pan.

Place eggplant in 350 F oven and roast for 15-20 minutes or until lightly browned (remove halfway and carefully flip). (4)

Chicken: Remove leaves from chard, finely chop leaves (discard stems). Finely chop 1 clove garlic & 4 slices bacon (1)



Oatmeal (6)

Bring 4c water to a boil add 2c oats reduce to low, 10-20 min, stirring occasionally. Stir in 1/2c dried cranberries. Cool. [*] (6)

Polenta (2)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add 1/2tsp salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (2)



Tomato Sauce, Lasagna (4)

1. In a large sauté pan over med-high heat, cook 1# ground beef + 8oz sliced mushrooms + 2T Italian seasoning for 12 min.

2. Stir in 1 jar spaghetti sauce, remove from heat, allowing to cool. (4)

Chicken (1)

In a large sauté pan, heat 4 slices bacon (chopped), chopped chard leaves & garlic for ~8 min or until bacon is cooked through.

Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool. (1)



Brownies (8)

Whisk together wet ingredients:

1 jar (16oz) almond butter

1c agave, honey OR maple syrup

2 eggs

1tso vanilla

Stir together dry ingredients:

1/2c cocoa

1tsp baking soda

1tsp cinnamon

Stir together wet & dry ingredients until well combined.

Bake in a prepared 9x13" pan at 350 F for ~20-30 minutes or until cooked through/ top bounces back when pressed gently.



Lasagna (4)

Stir together the following for the "white layer":
32oz greek yogurt + 1c shredded parmesan

Assemble lasagna by layering in a 9x13" pan:

- 1/2 beef tomato sauce
 - a layer of brown rice lasagna noodles
 - 3/4 white mix
 - eggplant "noodles"
 - remaining 1/2 beef tomato sauce
- dot w/ remaining white mix & top w/ 1/2c parmesan & cover w/ foil. [*] (4)

Chicken (1)

Pound 4 chicken breasts flat, if necessary. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [*] (1)



Cilantro-Lime Vinaigrette (3)

Place the following in a blender & blend until just smooth:

1/2c olive oil + 2-3T lime juice + small handful cilantro leaves + 1T honey (optional) + 1/4tsp salt & pepper to taste. [*] (3)

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

Cajun Marinade: 1T Creole seasoning + 1/2c olive oil + 2T apple cider vinegar. [*] (2)



Side Salad (5)

Layer in container as follows:

- 1/2 tub spinach
 - 1/4c dried cranberries
 - 1/4c chopped walnuts
 - 2oz feta crumbles
- Repeat layers. [*] (5)

Taco Salad (3)

Layer in container as follows:

- 1/2 chopped romaine
 - 1/2 chopped: bell pepper, carrot, jicama, tomato, corn kernels
 - 1/4c pumpkin seeds
- Repeat layers. [*] (4)

KEY

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



September Menu, Week 1: Dish Day



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Day 1

Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms (1)

1. Pre-heat oven to 400 F.
2. Roast potatoes & mushrooms for 35-40 minutes or browned/ cooked through.
3. Bake chicken ~40 minutes or cooked through to 165 F.

Day 2

Cajun Shrimp w/ Polenta & Green Beans (2) *marinate for 30min up to an hour*

1. Marinate shrimp for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
2. Warm polenta in oven, covered, ~30-40 minutes.
3. Place shrimp & green beans on sheet pans. Roast ~12 min or until shrimp are cooked.

Day 3

Taco Salad (3)

1. Bring Cilantro-Lime Vinaigrette to room temp (20-30 min); chop 2 avocados; rinse & drain 1 can kidney beans.
2. Top salad with chopped avocado, beans & drizzle with vinaigrette (shake well).

Day 4

Beef & Eggplant Lasagna (4)

1. Pre-heat oven to 375 F and bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Cool ~10min.

Salad

Spinach w/ Dried Cranberries, Walnuts & Feta (5)

1. Bring dressing to room temp (20-30min), shake well and serve over salad.

Breakfast

Oatmeal w/ Cranberries & Sliced Almonds (6)

1. Heat 1-2c cooked oatmeal (per serving) in microwave for 2-3min. Stir in 2-3T sliced almonds/ serving.

Snack

Asian Pears & Walnuts (7)

1. Slice 1 pear (I love using an apple slicer) + ~1/4c walnuts. (per serving)

Dessert

Almond Butter Brownies (8)