



September Menu, Week 2 Paleo: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach
2. Meal 2: Hazelnut Pork Chops w/ Celery Root Puree & Asparagus
3. Meal 3: Shrimp Stir Fry w/Cauliflower Rice
4. Meal 4: Cornish Game Hens w/ Roasted Fennel & Fingerling Potatoes
5. Salad: Mixed Greens w/ Apples, Celery & Pecans
6. Breakfast: Mashed Acorn Squash w/ Poached Eggs & Avocado Slices
7. Snack: Celery & Cashew Butter
8. Dessert: Cashew Butter Cups



Fruits

2 lemons (4)
2 apples (5)



Meats

4-8 bone-in, skin-on chicken thighs (1)
4 thin-cut pork chops (2)
4 cornish game hens (4)
(OR sub w/ 1 whole chicken)



Dairy (optional)

4oz cheddar cheese cubes (5)



Pantry

¼c grainy mustard (1)*
2T coconut aminos (3)
¾c cashew butter (7,8)
¼c honey (8)
12 muffin liners (8)
1c cocoa/ cacao powder (8)



Veggies

1 bulb garlic (1,3)
1 knob ginger (3)
1 bunch fresh thyme (4)
(OR fresh poultry herb mix)
1-2 avocados (6)
2 fennel bulbs (4)
1 head cauliflower (3)
2 large celery root (2)
(OR sub cauliflower)
1 bunch celery (5,7)
1 head broccoli (3)
1 bunch asparagus (2)
2 bell peppers, mixed color (3)
1 yellow onion (3)
4 acorn squash (1,6)
1.5-2# fingerling potatoes (4)
5oz tub mixed greens (5)
5oz tub baby spinach (1)



Fish

1# shrimp, peeled, deveined,
tails removed (3)



Nuts & Dried Fruit

3c hazelnuts (2)
½c chopped pecans (5)



Oils & Vinegars

~1c olive oil
~1½c coconut oil (1,3,6,8)
1T toasted sesame oil (3)
¼c balsamic vinegar (5)
1T apple cider vinegar (6)



Eggs

11 eggs (omega-3) (2,6)

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



September Menu, Week 2: Prep Day



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Pre-heat oven to 350 F. (8)



Celery Root: Peel & roughly chop 2 celery roots, set aside. (2)

Stir Fry: Cut 1 broccoli head into bite-sized pieces & 2 bell peppers into long strips. Store separately. [*] (3)

Stir Fry: Peel and grate 1T ginger for stir-fry. Chop 2-3 cloves garlic, ~1T. [*] (3)

Cauliflower: Remove core, leaves, & any dark spots from 1 cauli. Coarsely chop, make sure it is completely dry and set aside. (3)

Onion: Finley chop 1/2 of yellow onion. [*] (3)

Celery: Finely dice 1/2c celery for salad, set aside (5). Cut remaining celery into 3" snack-sized pieces. [*] (7) (5,7)

Fennel: Remove & discard green fronds from 2 fennel. Slice white bulb into ~1/2"-1" wedges/ Toss w/ 1-2T olive oil, S&P. [*] (4)

Lemons: Cut into 2 lemons quarters for Cornish game hens. [*] (4)

Asparagus: Cut & discard lower 2-3" off 1 bunch asparagus. Toss w/ 1-2T olive oil, S&P. [*] (2)

Garlic: Finely chop 2-3 cloves garlic for sautéed spinach (option to store in spinach container). [*] (1)

Acorn Squash: Cut 4 squash in half (lengthwise) and remove seeds. Place ~1/2T coconut oil in each half, season w/ salt. [*] (1,6)



Celery Root: Bring 4c water (or broth) to boil, add chpd celery root lower to med, simmer 20 min, turn off heat, cover, set aside. (2)



Hazelnut Pork (2)

In blender or food processor, blend 3c hazelnuts until sand-like consistency. Place in a shallow bowl

Whisk 3 eggs, place in a second shallow bowl. .

Dredge each pork chop in eggs & then hazelnut crust. Salt lightly if hazelnuts are unsalted. [*] (2)

Cauliflower Rice (3)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice-like texture.

Be careful not to go to far or it will be mushy. (3) [*]



Celery Root Puree (2)

Place cooked celery root in blender, reserving cooking liquid.

Add 1/4c cooking liquid to blender and blend until smooth. May need to add additional liquid, add only 1-2T at a time.

Season to taste w/ S&P. [*] (2)



Chicken Thighs: Rub ~1T of grainy mustard onto each thigh & underneath the skin (but leaving skin on). [*] (1)



Salad (5)

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c chopped pecans
- 1/4c chopped celery
- 2oz cheddar cubes, optional

Repeat layers. [*] (5)



Balsamic Dressing: 1/2c olive oil + 1/4c balsamic vinegar, pepper to taste. Option to store at room temp. (5)

Stir Fry Sauce (3)

2T low-sodium tamari (or coconut aminos)

1T toasted sesame oil [*] (2)



Cashew Butter Cups (8)

Place 12 muffin liners in a muffin pan.

In a saucepan over low heat, whisk together:

1c coconut oil + 1c cocoa/ cacao powder + 1/4c honey + pinch of salt

Whisk until oil is melted and ingredients well combined. Remove from heat.

Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min. Once cocoa mixture hardens, place 1tsp cashew butter in center of each cup and "flatten" slightly. Top with additional 1-1.5T cocoa mixture (enough to cover completely). Place in freezer for 10 min or until hardened. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.

KEY

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



September Menu, Week 2: Dish Day



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Meal Plans

Day 1

Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach (1)

1. Pre-heat oven: 425 F. Bake chicken & squash for 40-45 min or cooked through. Store 1/2 cooked squash for breakfast (6).
2. Heat 1tsp oil in large sauté pan. Add garlic & spinach, sauté for 5-6 minutes. Season w/ S&P.

Day 2

Hazelnut Pork Chops w/ Celery Root Puree & Asparagus (2)

1. Pre-heat oven to 375 F. Bake pork chops for 35-45 minutes or cooked through (145 F).
2. Heat celery root puree, covered, in oven for ~40 min or heated through. Roast asparagus in oven ~10-12 minutes.

Day 3

Shrimp Stir Fry w/ Cauliflower Rice (3)

1. Add 1tsp coconut oil to lg sauté pan over high heat, add ginger, garlic & shrimp, cook 1 min. Add bell pepper, continue to stir.
2. Cook shrimp & peppers ~8-10min, add broccoli & stir fry sauce, stirring to coat all ingredients with sauce, cook 3-4 min.
3. Heat 1 T coconut oil (or olive) in lg sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.

Day 4

Cornish Game Hens w/ Roasted Fennel & Fingerling Potatoes (4)

1. Pre-heat oven: 450 F. Stuff hens w/ lemon wedges, fresh thyme, 1/2T oil, S&P. Roast 10min, lower heat to 400 F for 40-50 min.
2. Toss potatoes w/ 1-2T olive oil + S&P. Roast at 400 F, 40-50min or knife inserts easily. Roast fennel at 400 F, 35-45min.

Salad

Mixed Greens w/ Apples, Celery & Pecans (5)

1. Chop 1-2 apples and add to salad immediately before serving. Shake dressing well and drizzle over salad, ~1-2T/ serving.

Breakfast

Mashed Acorn Squash w/ Poached Eggs & Avocado Slices (6)

1. Re-heat 4 acorn squash halves in pre-heated oven, toaster oven or microwave. Mash squash with a fork.
2. Bring water to a very low simmer, add 1T apple cider vinegar. Crack eggs individually, slowly add 4-8 eggs & cook 5 min.
3. Remove eggs with slotted spot and serve over baked acorn squash halves & topped w/ avocado slices. Season w/ S&P.

Snack

Celery & Cashew Butter (7)

Dessert

Cashew Butter Cups (8)