



# September Menu, Week 4 - Paleo: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash
2. Meal 2: Spinach, Mushroom & Beef Taco "Lettuce Wraps" w/ Avocado & Jicama Slices
3. Meal 3: Walnut-Crusted Salmon & Roasted Brussel Sprouts w/ Bacon & Pomegranate
4. Meal 4: Potato & Bacon Soup
5. Salad: Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese
6. Breakfast: Broccoli & Cheddar Frittata
7. Snack: Grapes + Almonds
8. Dessert: Cherry-Walnut Baked Apples



## Veggies

1 bulb garlic (4)  
 1 carrot (4)  
 2 avocados (2)  
 1.5# Brussels sprouts (3)  
 1 lg or 2 sm jicama (2)  
 1 head bibb lettuce (2)  
 1 head broccoli (6)  
 8oz sliced mushrooms (2)  
 2-4 beets (5)  
 4 red potatoes (4)  
 2-3# butternut squash (1)  
 (OR 1# pre-cut squash)  
 5oz tub mixed greens (5)  
 5oz tub spinach (2)  
 1 yellow onion (4)



## Meats

1-1.5# ground grassfed beef (2)  
 4 x chicken breasts (1)  
 (pounded thin if available)  
 6 x thin slices bacon (3,4)\*



## Fish

4 x salmon fillets, 4-6oz ea. (3)



## Dairy (optional)

4oz cheddar cheese (6)  
 4oz goat cheese crumbles (5)  
 4oz soft goat cheese (1)



## Pantry

1 can artichoke hearts (1)  
 4c veg broth (4)\*  
 1tsp vanilla (8)  
 snack baggies, optional (7)

Cans: prefer no-salt added & BPA-free (ex, Eden)



## Nuts & Dried Fruits

2T pinenuts (1)  
 1/2c almonds (7)  
 3c walnuts (3,5,8)  
 1/4c medjool dates (8)  
 1/4c dried cherries (8)\*



## Spices, etc.

2T taco seasoning (2)\*  
 1T dried basil (1)  
 1/2T cinnamon (8)



## Fruits

4 apples (5)  
 4c grapes (7)  
 1 pomegranate (3)  
 (or ~1/2c arils)



## Eggs

10 eggs (omega-3) (6)



## Oils & Vinegars

~3/4c olive oil  
 1/4c balsamic vinegar (5)  
 1/4c coconut oil (8)

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



## September Menu, Week 4 - Paleo: Prep Day



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Pre-heat oven to 350 F. (5,6)



**Beets:** Peel & finely dice 2-4 beets, ~1/2". Toss w/ 1T oil, S&P. Place in single layer on baking sheet & roast 45min-1hr. Cool. (5)

**Frittata:** Chop 1 bunch broccoli into small, bite-sized pieces. Cut 4oz cheese (if using) into 1/4" cubes. (6)

**Bacon:** Finely chop 6 slices bacon, setting aside half for soup (4) and half for Brussels sprouts (3). (3,4)

**Red Potatoes:** Cut 4 red potatoes in 1/2" pieces and reserve for soup (4)

**Brussels Sprouts:** Cut sprouts in half. Toss with 3 slices chopped bacon + 1T oil + S&P. [\*] (3)

**Soup:** Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. (4)

**Artichoke Hearts:** Drain liquid from 1 can and finely chop hearts, set aside. (1)

**Butternut Squash:** Peel 1 butternut squash & remove seeds. Chop into 1/2" cubes. Toss w/ 1T olive oil + 1T dried basil + S&P. [\*] (1)

**Jicama:** Peel & cut 1 large jicama into large matchsticks. [\*] (2)

**Pomegranate:** Quarter pomegranate & remove arils from pith (recommend doing in a bowl of water in the sink) [\*] (3)



### Frittata (6)

In a large bowl, whisk together 10 eggs.

Stir in:

4oz cubed cheddar cheese

3-4c chopped broccoli

1/2tsp black pepper + 1/8tsp salt

Put into well-oiled casserole dish and bake at 350F for 25-35 min or until no longer jiggle (will vary depending on depth of dish).

Allow frittata to cool. [\*] (6)



### Potato Soup (4)

In a large stock pan over high heat, sauté 3 slices chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic), 4-5 minutes.

Add 4 cut potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. [\*] (4)



### Beef Tacos (2)

Place 1-1.5# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 5oz spinach + 8oz sliced mushrooms + 2T taco seasoning, cook with beef for 8-10 min. Cool. [\*] (2)



### **Walnuts (3,5)**

Place 2.5c walnuts in a blender, blend until just chopped. Set aside, 1/2c chopped walnuts for salad. (5)  
Continue to chop remaining walnuts in blender until finely chopped for salmon crust, set aside. (3)

### **Baked Apples (8)**

Blend the following until roughly chopped:

- 1/4c coconut oil
- 1/4c dates, pits removed (5 large)
- 1/4c dried cherries
- 1/2c walnuts
- 1tsp vanilla.

Cut 4 apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ 1/2T cinnamon. [\*] (8)



**Grapes + Almonds:** Place 1c grapes + 1/8c almonds in 4 snack baggies/ containers for a grab-and-go snack. [\*] (7)

**Salmon:** dredge 4 salmon fillets in 1/2c chopped walnuts. Season lightly w/ S&P. [\*] (3)

### **Stuffed Chicken:**

Mix together 1 can chopped artichoke hearts + 4oz goat cheese (optional) + 2T pine nuts.

Place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of a cutting board. Using a mallet, pound thin. Spread each breast w/ artichoke mixture, and tightly roll. [\*] (1)

### **Salad (5)**

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c chopped walnuts
- 1/2 diced roasted beets
- 2oz goat cheese crumbles

Repeat layers. [\*] (5)



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

### **KEY**

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



## September Menu, Week 4 - Paleo: Dish Day



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### Day 1

#### Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash (1)

1. Pre-heat oven to 425 F.
2. Place squash on an oiled sheet tray, roast for 30-40min, remove from oven and toss halfway through cooking.
3. Place chicken in an oiled baking pan, bake for 30-35min or until cooked through & no longer pink (internal temp: 165F).

### Day 2

#### Spinach, Mushroom & Beef Tacos w/ Avocado & Jicama Slices (2)

1. Put beef filling in a large sauté pan over med-high heat and re-heat for ~5 minutes. Slice avocado.
2. Serve filling in lettuce leaves, topping with avocado slices and jicama on the side.

### Day 3

#### Walnut-Crusted Salmon & Roasted Brussel Sprouts w/ Bacon & Pomegranate (3)

1. Pre-heat oven to 425 F.
2. Place Brussels sprouts on baking sheet roast 35-45 min (remove from oven 1/2 way through cooking; toss).
3. Bake fish for 16-20 minutes or until cooked/ flaky.
4. Toss Brussels with pomegranate arils immediately before serving.

### Day 4

#### Potato & Bacon Soup (4)

Re-heat on stovetop until just bubbly/ heated through.

### Salad

#### Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese (5)

Allow salad dressing to come to room temp before serving. Shake well and drizzle over salad, ~1-2T/ serving.

### Breakfast

#### Broccoli & Cheddar Frittata (6)

Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ grapes.

### Snack

#### Grapes + Almonds (7)

### Dessert

#### Cherry-Walnut Baked Apples (8)

1. Bake, covered, in pre-heated 375 F oven for 30-35 minutes. Remove cover in final 5-10min of cooking.