



# October Menu, Week 1 - Paleo: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Pumpkin Seed Crusted Chicken w/ Vegan Broccoli Soup
2. Meal 2: Lemon-Basil Shrimp w/ Italian Side Salad
3. Meal 3: Beef & Butternut Squash Tagine
4. Meal 4: Turkey Taco Soup
5. Salad: Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese w/ Balsamic Vinaigrette
6. Breakfast: Swiss Chard, Mushroom, Onion & Goat Cheese Frittata
7. Snack: Grapes & Pistachios
8. Dessert: Cranberry-Pecan Baked Pears



## Herbs

- 1 bunch basil (2)
- 1 head garlic (1,2,4,6)



## Fruits

- 1 pomegranate (5)  
(OR 1 bag fresh pom kernels)
- 4 just soft pears (8)
- 1 bunch grapes (7)
- 1 lemon (2)



## Dairy (optional)

- 4oz blue cheese crumbles (5)
- 4oz goat cheese crumbles (6)

### Optional for #4 (taco soup):

- 1c cheddar cheese (4)
- 1c sour cream/ Greek yogurt (4)



## Pantry

- 3c tomato puree (3,4)
- 4c veggie broth (1,2,4)\*



## Veggies

- 2 avocados, optional (4)
- 1 bunch swiss chard (6)
- 1 head romaine lettuce (2)
- 1 head broccoli (1)
- 2 x carrots (4)
- 1 pint cherry tomatoes (2)
- 2x 8oz sliced mushrooms (4,6)
- 1 cucumber (2)
- 1 red bell pepper (4)
- 1 green bell pepper (4)
- 1 yellow bell pepper (4)
- 1 jalapeño (4)
- 3 yellow onions (1,3,4)
- 1 red onion (6)
- 3-4# butternut squash (3)  
(1 bag pre-cut if available)
- 5oz tub mixed greens (5)



## Meats

- 4 boneless, skinless chicken breasts (1)
- 1# beef sirloin (3)  
(grassfed, cut into 1" cubes)
- 3/4# ground turkey breast (4)



## Eggs

- 12 eggs (1,6) (omega-3)



## Oils & Vinegars

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



## Fish

- 1# shrimp (2)  
(peeled & deveined)



## Nuts & Dried Fruits

- 1c cashews (1)
- 1/2c walnuts (5)
- 2c in-shell pistachios (7)
- 1/2c pecans (8)
- 1c pumpkin seeds (1)
- 1/4c medjool dates (8)
- 1/4c dried cranberries (8)
- 1/4c dried apricots (3)



## Spices

- ~2T cinnamon (3,8)
- 1T turmeric (3)
- 2T cumin (1,3)
- 2T paprika (1,3)
- 1/4tsp cayenne (1)
- 2T taco seasoning (4)\*
- 1tsp vanilla (8)

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



## October Menu, Week 1 - Paleo: Prep Day



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Pre-heat oven to 350 F. (3,6)



**Tagine:** Slice 1 yellow onion into long strips. Chop  $\frac{1}{4}$ c dried apricots. Peel butternut squash, remove seeds, cut into 1" cubes. (3)

**Broccoli Soup:** Roughly chop broccoli & 1 yellow onion (these will eventually be pureed). (1)

**Taco Soup:** finely chop: 1 yellow onion, 2 carrots, 3 bell peppers, 2 cloves garlic, 1 jalapeño (discard seeds). (4)

**Frittata:** Remove chard leaves from stem. Finely chop stem, set aside. Roughly chop leaves, set aside. Thinly slice red onion and chop 4 cloves garlic, set aside. (6)

**Salad:** roughly chop  $\frac{1}{2}$ c walnuts; cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith & strain, repeat with second half. (5)

**Italian Salad:** Chop romaine lettuce in bite-size pieces. Dice cucumber & cut cherry tomatoes in half or quarters. Set aside. (2)



### Beef Tagine (3)

Whisk together: 1T cumin + 1T turmeric + 1T paprika + 1tsp cinnamon. Rub spices into beef cubes.

Heat 1tsp oil over med-high heat in a large stockpot. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.

Add  $\frac{1}{4}$ c chopped dried apricots + 1c tomato puree + 1c water, cover and place in oven for ~ 1.5 hours.

Add butternut squash, cover and bake another 1-2 hours, covered. [\*] (3)



### Broccoli Soup (1)

Heat 1tsp oil in large pot over med-high heat. Add roughly chopped onion + broccoli + 2 peeled garlic cloves; sauté for 2-3 min.

Add 1c veg broth + 3c water (or water to just cover veggies). Bring to a low simmer, cook for 30 min then set aside to cool.

In a separate small pot bring 1c water to boil. Remove from heat and add 1c cashews. Allow to soak, set aside. (1)

### Turkey Taco Soup (4)

In a lg soup pot over med-high heat, add: 1tsp olive oil + chopped veggies (onion + bell peppers + garlic + 1 jalapeño) + 1 tub mushrooms + ground turkey. Cook for ~10 minutes, breaking meat apart. Add 2T taco seasoning. Add 2c tomato puree + 2 $\frac{1}{2}$ c broth, turn to low, cook 30min. [\*] (4)



### Frittata (6)

In a large sauté pan, over medium heat, add 1T olive oil + sliced red onion +  $\frac{1}{4}$  t salt. Sauté for 15 min, stirring occasionally.

Add chard stems + 8oz sliced mushrooms + chopped garlic, cook 10 minutes. Add chard leaves and cook a final 10 minutes, set aside. In a large bowl, whisk together 10 eggs + pepper +  $\frac{1}{8}$ tsp salt. Stir in cooled veggies. Spray a 9x13" pan w/ olive oil.

Pour eggs mixture in pan. Bake in 350 F oven for 25 min. Top w/ goat cheese, return to oven 2-3min or cheese is melty. [\*] (6)



### **Lemon-Basil Marinade (2)**

Blend the following on high:

1T lemon zest + 1T lemon juice + 1T olive oil + ½c veggie broth + 2-3 large handfuls of basil leaves + 1 clove garlic.  
Set aside ¼c marinade for side salad. Store the remaining for shrimp marinade. [\*] (2)

### **Broccoli Soup (1)**

Blend the following on high until smooth:

Soaked cashews + soaking water + cooked broccoli & onions. Add water if needed for consistency. Season w/ S&P. [\*] (1)

### **Baked Pears (8)**

Place in a blender: ¼c coconut oil + ¼c dates, pits removed (5 large) + ¼c dried cranberries + ½c pecans + 1tsp vanilla.  
Blend until roughly chopped. Set aside. (8)

**Pumpkin Seed Crust:** Blend until sand-like consistency: 1c pumpkin seeds + ¼tsp salt, ¼tsp cayenne, 1T cumin, 1T paprika. (1)



### **Pumpkin Seed Chicken (1)**

Whisk 2 eggs, place in shallow bowl. Place crust in separate bowl. Dredge chicken in eggs & then pumpkin seeds. [\*] (1).

### **Baked Pears (8)**

Cut pears in half and scoop out center seeds. Place 1T (heaping) of filling into each pear; sprinkle pears w/ 1T cinnamon. [\*] (8)

### **Side Salad (2)**

In large bowl, mix: romaine lettuce+ chopped tomatoes + 2c chopped cucumber (option: use extra in below salad). [\*] (2)

### **Salad (5)**

Layer in container as follows:

½ tub mixed greens

½ pomegranate kernels

2oz blue cheese crumbles

¼c chopped walnuts

any remaining chopped cucumber from side salad

Repeat layers. [\*] (5)



**Balsamic Dressing:** Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [\*] (2)

## **KEY**

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



# October Menu, Week 1 - Paleo: Dish Day



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Meal Plans

## Day 1

### Pumpkin Seed Crusted Chicken w/ Vegan Broccoli Soup (1)

1. Pre-heat oven to 375 F.
2. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger breasts, or until cooked to 165.
3. Heat broccoli soup on stovetop over low-medium heat until bubbly, heated through.

## Day 2

### Lemon-Basil Shrimp w/ Italian Side Salad (2) (\*requires marinating shrimp)

1. Marinate shrimp for ~1 hour. Bring remaining  $\frac{1}{4}$ c lemon-basil marinade (for dressing) to room temp and shake well.
2. Pre-heat oven to 425.
3. Bake shrimp for 12 minutes or cooked through. Serve w/ Italian side salad topped with basil dressing .

## Day 3

### Beef & Butternut Squash Tagine (3)

1. Re-heat tagine in 375 F oven, covered for 55-65 min or heated through.

## Day 4

### Turkey Taco Soup (4)

1. Re-heat on stovetop over low-medium until bubbly and heated through.
2. Option to top with: sliced avocado + cheddar cheese + sour cream or Greek yogurt.

## Salad

### Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese w/ Balsamic Vinaigrette (5)

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

## Breakfast

### Swiss Chard, Mushroom, Onion & Goat Cheese Frittata (6)

1. Pre-heat oven to 350 F.
2. Bake, covered, for 15-20 min or heated through OR option to re-heat individual slices in microwave or toaster oven

## Snack

### Grapes & Pistachios (7)

1. Serve 1c grapes w/  $\frac{1}{2}$ c pistachios.

## Dessert

### Cranberry-Pecan Baked Pears (8)

1. Bake at 375 F for 30 minutes or until soft (less ripe/ firmer pears require longer baking time, but cover to avoid burning).