



# October Menu, Week 2: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara
2. Meal 2: Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice
3. Meal 3: Parsley Roasted Chicken Legs w/ Acorn Squash Halves & Sautéed Swiss Chard
4. Meal 4: Shrimp & Veggie Gumbo
5. Salad: Mixed Greens w/ Orange Segments, Pistachios & Champagne Vinaigrette
6. Breakfast: Baked Acorn Squash w/ Poached Eggs
7. Snack: Brussels Sprouts
8. Dessert: Sweet Potato Pie



## Veggies

- 1 bunch parsley (3)
- 1 head garlic (1,2,3,4)
- 1 knob fresh ginger root (2)
- ~2c snow peas (2)
- 2 x Swiss chard (3)
- 4 x carrots (2)
- 2# Brussels sprouts (7)
- 1 red & 1 green bell pepper (4)
- 1 yellow onion (1,4)
- 2 x 8oz sliced mushrooms (1)
- 1-2 x spaghetti squash (1) (~4#)
- 4 x acorn squash (3,6)
- 1# sweet potatoes (8)
- 5oz tub mixed greens (5)



## Meats

- 1# grass-fed, organic ground beef, 95% lean (1)
- 1 link (3oz) raw andouille pork sausage (4)
- 4 x bone-in, skin-on chicken legs (3)



## Dairy (optional)

- 4oz parmesan cheese (1)
- 4oz goat cheese crumbles (5)



## Pantry

- 25.5 oz tomato sauce (1)\*
- 1/4c maple syrup (8)
- 1T honey (5)
- 2c brown rice (2,4)
- 4c chicken broth (4)\*
- 1/4c low-sodium tamari (2)



## Fish

- 12oz shrimp (4) (peeled, deveined, no tails, fresh or frozen)



## Oils & Vinegars

- ~3/4c olive oil
- 1/4c coconut oil (3,6,8)
- 1T toasted sesame oil (2)
- 3T champagne vinegar (5)
- 1/4c rice vinegar (2)
- 1T apple cider vinegar (6)



## Herbs & Spices

- 1T pumpkin pie spice (8)
- 3T herbs de provence (1) (or Italian herb blend)
- ~2tsp Creole seasoning (4)\*



## Fruits

- 2 oranges (5)
- 2 lemons (3)



## Eggs

- 7 eggs (6,8)



## Freezer

- 12-16oz cut okra (4)



## Nuts & Dried Fruits

- 1c pecans (8)
- 1/2c pistachios (5)
- 1/3c medjool dates (8)
- 1/2c roasted peanuts(2)

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



## October Menu, Week 2: Prep Day



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Pre-heat oven to 375 F.



### Spaghetti Squash (1)

Pierce the spaghetti squash with a knife and roast for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool, remove seeds, then scoop out squash. [\*] (1)

### Brussels Sprouts (7):

Toss w/ 1-2T olive oil, place on a baking sheet, bake at 375 for 45-55 min (removing from oven 1/2 way through cooking and toss). Time will vary depending on size. [\*] (7)



**Rice:** 4c water + 2c brown rice, bring to a boil. Reduce to simmer and cover, cook ~1hour, set aside (covered) to cool. (2,4)

**Pie (8):** Set up a large pot with 4-6" of water for steaming, bring water to a boil, then lower heat to simmer. Pierce unpeeled sweet potatoes w/ a knife. Place in a steamer over the large pot of water (or directly in large pot if no steamer is available). Cover with a tight-fitting lid and steam 1-1.5 hours or until a knife easily pierces potatoes. Check occasionally, adding water as needed. Remove and place in refrigerator to cool. (8)



**Onion:** Dice 1 onion, set aside 1/2 for tomato sauce (1) & 1/2 for gumbo (4). (1,4)

**Gumbo:** Finely dice 2 bell peppers. (4)

**Garlic:** Finely chop ~10 cloves garlic (~4T), 1T for gumbo (4), 1T for stirfry (2), 1T for chard (3) & 1T for tomato sauce (1). (1,2,3,4)

**Ginger:** Peel & grate ginger (~1-1.5T). Chop carrots & snow peas into bite-sized pieces, store w/ ginger & 1T garlic. [\*] (2)

**Oranges:** Peel and cut into segments, set aside. (5)

**Swiss Chard:** Remove leaves from stem. Discard stems and roughly chop leaves. Store with 1T chopped garlic. [\*] (3)

**Acorn Squash:** Cut all in half, remove & discard seeds, rub inside of squash half w/ ~1tsp coconut oil each, season w/ S&P. [\*] (3,6)



### Gumbo (4)

In a large stock pan over high heat, sauté sausage, for 2-3 minutes, breaking apart.

Add bell peppers, 1/2 onion, 1T garlic & 2tsp Creole seasoning, sauté 7-8 minutes.

Add 2c water + 4c broth\*, bring to boil & lower to simmer for 15-20 minutes.

Add chopped okra, shrimp and 1c cooked brown rice. Increase heat to medium allowing to simmer.

Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [\*] (4)



### **Pie (8)**

Crust: In a food processor or blender, combine the following:

- 1/4c coconut oil
- 1/3c pitted dates
- 1c pecans

Blend until crust comes together and is well combined. Press into an oiled pie pan. Bake at 350 F for 10 min. Cool slightly.

Filling: In a blender, combine the following:

- 1/4c maple syrup
- 3 eggs
- cooked sweet potatoes (skin removed)
- 1T pumpkin pie spice

Add filling to crust and bake at 375 F for an additional 20-25 min or until set and no longer jiggly. Cool for 30min. [\*] (8)

### **Parsley Marinade (3)**

Place the following in a blender:

- 1/2c olive oil
- large handful fresh parsley
- 2 whole cloves garlic (peeled)
- juice of 2 lemons (~2T)
- 1T salt & fresh ground pepper

Blend until just smooth. [\*] (3)



### **Tomato Sauce (1)**

In a large sauté pan, add beef, 1T garlic, chopped onion, 1 tub sliced mushrooms, and sauté 15 min, continuing to break apart meat and stirring occasionally. Add 25.5oz jar of tomato sauce + 3T herbs de Provence + S&P. Stir to combine, cool. [\*] (1)



**Rice:** Store remaining cooked brown rice for stirfry. [\*] (2)

### **Salad (5)**

Layer the following:

- 1/2 tub mixed salad greens
- 1/4 c pistachios
- 1/2 orange segments
- 2oz crumbled goat cheese

Repeat layers. [\*] (5)



### **Stir Fry Sauce (2)**

1/4 c tamari + 1/4 c rice vinegar + 1T sesame oil [\*] (2)

**Vinaigrette (5):** combine 1/4c olive oil + 1T honey + 3T champagne vinegar [\*] (5)

### **KEY**

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



## October Menu, Week 2: Dish Day



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### Day 1

#### Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara (1)

1. Pre-heat oven to 350 F.
  2. Place spaghetti squash and tomato sauce in oven-safe containers and place in oven to re-heat, 50-60min.
  3. Temporarily remove sauce from oven to stir, halfway through warming.
  4. Serve spaghetti squash topped w/ tomato sauce. Option to grate parmesan ovetop.
- Note: if storing dish in glass containers, simply re-heat in oven in these glass containers.

### Day 2

#### Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice (2)

1. Re-heat brown rice: covered in 350F oven for ~20-30 minutes or in microwave.
2. Add ½T olive oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
3. Add stir fry sauce and cook another 2-3 minutes. Top with peanuts. Serve over warmed rice.

### Day 3

#### Parsley Roasted Chicken Legs w/ Acorn Squash Halves & Sautéed Swiss Chard (3) \*marinade ahead of time\*

1. Marinate chicken for 1 hour up to 24 hours (in fridge). Remove from marinade and place in single layer in baking pan.
2. Pre-heat oven to 400 F. Roast chicken legs & acorn squash halves uncovered, 45-55 min. Set aside ½ cooked squash for (6).
3. During final 5 min of cooking, heat 1tsp olive oil in large sauté pan and cook chard/garlic for 3-5 min, season w/ S&P.

### Day 4

#### Shrimp & Veggie Gumbo (4)

1. Place in large pot on stovetop, re-heat over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency.

### Salad

#### Mixed Greens w/ Orange Segments, Pistachios & Champagne Vinaigrette (5)

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

### Breakfast

#### Baked Acorn Squash w/ Eggs (6)

1. Re-heat 4 acorn squash halves in pre-heated oven, toaster oven or microwave.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked squash halves. Season w/ S&P.

### Snack

#### Brussels Sprouts (7)

- Eat cold or re-heat in microwave or toaster oven until warm.

### Dessert

#### Sweet Potato Pie (8)