



October Menu, Week 2 - Paleo: Grocery List



Paleo & Gluten Free Meal Plans

Serves 4

1. Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara
2. Meal 2: Carrot & Asparagus Stir Fry w/ Almonds & Cauliflower 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 bulb garlic (1,2,3,4)
- 1 bunch parsley (3)
- 1 knob fresh ginger root (2)
- 4 x carrots (2)
- 2 x Swiss chard (3)
- 2 bunches asparagus (2)
- 1 x cauliflower (2)
- 2# Brussels sprouts (7)
- 1 red & 1 green bell pepper (4)
- 2 yellow onions (1,2,4)
- 8oz sliced mushrooms (1)
- 1-2 spaghetti squash (1) (~4#)
- 4 x acorn squash (3,6)
- 1# sweet potatoes (8)
- 1# baking potatoes (4)
- 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)
- 4c chicken broth (4)*
- 1/4c coconut aminos (2)



Fish

- 1# 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 almonds (2)

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



October Menu, Week 2 - Paleo: 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)



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 2 onions, set aside 1/3 for tomato sauce (1), 1/3 for gumbo (4), & store 1/3 for cauliflower rice (2) [*]. (1,2,4)

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)

Stir Fry: Peel & grate ginger (~1-1.5T). Cut & discard asparagus ends. Chop carrots & asparagus into bite-sized pieces, store w/ ginger & 1T garlic. [*] (2)

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

Gumbo: Peel & cut baking potato(s) into 1/2" pieces. Finely dice 2 bell peppers. (4)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop make sure it is completely dry and set aside. (2)

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, potatoes & 1# peeled/ deveined shrimp. 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:

- ¼c coconut oil
- ⅓c medjool dates, pitted
- 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:

- ¼c 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:

- ½c 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)

Cauliflower Rice (2)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go to far or it will be mushy. [*] (2)



Tomato Sauce (1)

In a large sauté pan, add beef, 1T garlic, chopped onion, 8oz 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)



Salad (5)

Layer the following:

- ½ tub mixed salad greens
- ¼ c pistachios
- ½ orange segments
- 2oz crumbled goat cheese

Repeat layers. [*] (5)



Stir Fry Sauce (2)

¼c coconut aminos + ¼c rice vinegar + 1T sesame oil [*] (2)

Vinaigrette (5): Combine ¼c olive oil + 1T honey + 3T champagne vinegar [*] (5)

KEY

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



October Menu, Week 2 - Paleo: 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 & Asparagus Stir Fry w/ Almonds & Cauliflower Rice (2)

1. Heat 1 T coconut oil in large sauté pan add the chopped onion & sauté ~10 min until translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ s & p.
3. Add ½T coconut oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & asparagus, sauté for 10 minutes.
4. Add stir-fry sauce and cook another 2-3 minutes. Top with almonds. Serve over cauliflower 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)