



# October Menu, Week 3 - Paleo: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli
2. Meal 2: Turkey & Zucchini Chipotle Meatballs w/ Asparagus
3. Meal 3: Chipotle Chicken w/ Tarragon Baked Japanese Sweet Potato Fries
4. Meal 4: Kale & Caramelized Onion Frittata w/ Grapes
5. Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds
6. Breakfast: Butternut Squash Muffins
7. Snack: Pears w/ Almond Butter
8. Dessert: Dark Chocolate & Hazelnuts



## Veggies

- 1 x kale (4)
- 1 x broccoli (1)
- 1 x asparagus (2)
- 2 x carrots (5)
- 1 x radishes (5)
- 2 sm or 1 lg zucchini (2)
- 4-6 red potatoes (1)
- 2 large Japanese sweet potatoes (3)
- 2 x red onion (4)
- 5oz mixed greens (5)



## Meats

- 4 bone-in pork chops, 4-6oz each (1)
- 1# ground turkey thigh (2)
- 1-1.5# boneless, skinless chicken thighs (3)



## Dairy (optional)

- 4T grated parmesan (1)
- 4-6oz feta cheese crumbles (4)



## Pantry

- 4c almond flour (1,2,6)
- 1/4c maple syrup (6)
- 1/2c almond butter (7)\*
- high quality dark chocolate bar or squares (8)
- 1.5c canned butternut squash (OR pumpkin) (6)
- 1tsp baking soda (6)
- 2.5c tomato sauce/ strained tomatoes (2,3)\*
- 4 dried chipotle peppers (2,3)
- muffin liners (6)



## Eggs

- 12 eggs (1,2,4,6)



## Nuts & Dried Fruits

- 1/2c sunflower seeds (5)
- 1c hazelnuts (8)
- 6 medjool dates (2,3)



## Fruits

- 1 bag grapes (4)
- 4 pears (7)



## Oils & Vinegars

- ~ 3/4c olive oil
- 1/4c balsamic vinegar (5)
- 2T apple cider vinegar (2,3)



## Herbs & Spices

- 1T dried basil (1)
- 1T dried oregano (1)
- 1T cumin powder (2,3)
- 2T chili powder (2,3)
- 1T dried tarragon (3)
- 1T pumpkin pie spice (6)

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



# October Menu, Week 3 - Paleo: Prep Day



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Pre-heat oven to 350 F. (4,6)



**Chipotle:** boil 2c water in a small pan, remove from heat, add 4 dried chipotles and cover w/ lid. Allow to re-hydrate. (2,3)



## Frittata (4)

Kale: remove leaves from stems and finely chop both. Red onions: cut into long, thin strips. (4)  
Heat 1T oil in a large sauté pan over medium heat, add 2 sliced onions and a pinch of salt. Sauté for 5-10 min.  
Add chopped kale leaves & stems, cook for 20-25min, add more oil/ lower heat as needed. Turn off heat and allow to cool.



## Butternut Squash Muffins (6)

Stir together dry:

- 2c almond flour
- 1tsp baking soda
- 1T pumpkin pie spice

Whisk together wet:

- 1½c cooked/ pureed butternut squash (or pumpkin)
- ¼c maple syrup
- 1 egg

Mix wet into dry. Pour into paper-lined muffin tins. Bake at 350 F for 25-30 minutes.

## Frittata (4)

Whisk 8 eggs in a large bowl.  
Stir in sautéed onions & kale, feta crumbles and season with ½ tsp fresh ground black pepper.  
Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ ½tsp salt.  
Bake at 350 F for 34-38 minutes or until no longer jiggly. Allow to cool. [\*] (4)



**Potatoes:** chop into bite-sized pieces. Toss with 1T olive oil, 1T oregano, 1T grated parmesan, S&P. [\*] (1)

Note: only chop potatoes in advance if eating meal 1 on Prep day, otherwise chop at meal time.

**Broccoli:** chop into bite-sized pieces. Toss w/ 1T olive oil, 1T parmesan, S&P. [\*] (1)

**Asparagus:** remove ends, toss with 1-2tsp olive oil, S&P. [\*] (2)

**Sweet Potatoes:** Peel & cut 2 lg potatoes into "fries". Toss w/ 2T olive oil, dried tarragon, S&P. [\*] (3)

**Zucchini:** Grate (using cheese grater or small food processor) and set aside. (2)

**Carrot & Radish:** Grate (using large grater) or chop into ½" cubes, set aside (5).



### **BBQ Sauce (2,3)**

2T apple cider vinegar (or red wine vinegar, rice vinegar, etc.)

2.5c tomato sauce/ strained tomatoes

¼c dates, pitted (4-6 large) (OR ¼ cup maple syrup or honey)

2-4 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired, but do so gradually, they add heat!)

1T cumin powder

2T chili powder

S&P to taste

Puree all in blender or food processor until smooth.

Store 1.5c to use for chicken marinade. [\*] (3) Set aside remaining BBQ sauce for meatballs. (2)



### **Meatballs (2)**

1# ground turkey thigh

1c grated zucchini (squeeze gently and discard excess liquid)

1 cup almond flour

1 egg

¼c BBQ sauce

Mix together all of the above (works best using hands). Form into 12 balls and top with remaining BBQ sauce. [\*] (2)

### **Pork (1)**

In 2 shallow bowls or containers, place the following separately:

1: 2 eggs, whisked

2: 1c almond flour, 1T dried basil, 1T dried oregano, 2T grated parmesan (all whisked together)

Dredge each pork chop in the following order:

1: whisked eggs

2: seasoned almond flour

Place in container. Repeat steps until all pork chops are covered and placed in container. [\*] (1)

### **Salad (5)**

Layer the following:

- ½ tub mixed salad greens

- ¼c sunflower seeds

- ¼c shredded carrot & radish

Repeat layers. [\*] (5)



**Balsamic Dressing:** ½c olive oil ¼c balsamic vinegar [\*] (5)

### **KEY**

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



# October Menu, Week 3 - Paleo: Dish Day



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Meal Plans

## Day 1

### Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli (1)

1. Pre-heat oven to 375 F (for all). Bake pork chops for 35-45 minutes or cooked through (145 F).
2. Place chopped potatoes on sheet pan. Roast for 35-40 min or browned/ cooked through. Remove halfway through to toss.
3. Place broccoli on sheet pan. Roast for 30-40 min, removing halfway through to toss.

## Day 2

### Turkey & Zucchini Chipotle Meatballs w/ Asparagus (2)

1. Pre-heat oven to 375 F.
2. Bake meatballs for 45 minutes or heated through. Roast asparagus at 375 F for 12-15 minutes.

## Day 3

### Chipotle Chicken w/ Tarragon Sw Potato Fries (3) **\*\*marinate chicken in BBQ sauce for 1hr up to 48 hrs\*\***

1. Pre-heat oven to 425 F. Remove chicken from marinade and bake for 35-45 minutes or cooked through.
2. Place sweet potatoes on an oiled sheet tray, roast at 425 for 35-40min, remove from oven & toss 1/2-way through cooking.

## Day 4

### Kale & Caramelized Onion Frittata w/ Grapes (4)

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

## Salad

### Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds (5)

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

## Breakfast

### Butternut Squash Muffins (6)

## Snack

### Pears w/ Almond Butter (7)

Slice pear and eat dipped in 1-2T almond butter. (I love slicing using my apple slicer!)

## Dessert

### Dark Chocolate & Hazelnuts (8)