



October Menu, Week 4: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Cornmeal Catfish, Black-Eyed Peas & Steamed Carrots
2. Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard
3. Meal 3: Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans
4. Meal 4: Grassfed Beef Chili
5. Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds
6. Breakfast: Lemon Blackberry Muffins
7. Snack: Broccoli Dipped in Pesto
8. Dessert: Dark Chocolate Apricots



Herbs, etc.

1 bunch basil (3,7)
1 head garlic (2,3,4,7)



Meats

1# grass-fed, organic ground beef, 95% (4)
4 organic chicken breasts (~1#) (2)



Dairy (optional)

4-6oz org. cheddar cubes (5)
2-4oz parmesan cheese (3,7)
4oz shredded jack cheese (4)



Pantry

1c cornmeal (1)
28oz can fire roasted diced tomatoes (4)
16oz brown rice spaghetti (3)*
1c dark chocolate chips or discs (70%+ preferred) (8)
32oz chicken broth (3,4,7)*
15oz black-eyed peas (1)
¼c maple syrup (2)
½c grainy mustard (2)
15oz can white beans (3)
15oz can black bean (4)
15oz can pinto bean (4)
¾c coconut flour (6)
½tsp baking soda (6)
½c honey (6)
muffin liners (6)

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



Veggies

4 carrots (1)
2 bunches Swiss chard (2,4)
large head broccoli (3,7)
16oz sliced mushrooms (3)
1 red bell pepper (4)
1 yellow onion (4)
4 baking potatoes (2)
5oz tub mixed greens (5)



Fish

1.5-2# fresh catfish fillets (1)
(option to sub tilapia or salmon)



Nuts & Dried Fruits

1½c walnuts (3,6,7)
½c sliced almonds (5)
½c dried cherries (5)*
1c dried apricots (8)



Fruits

3 x lemons (3,6,7)
2 x apples (5)
½ pint blackberries (6)
(OR sub blueberries or raspberries)



Eggs

5 eggs, omega 3 (6)



Oils & Vinegars

~ ¾c olive oil
¼c balsamic vinegar (5)
2T apple cider vinegar (2,3)
½c coconut oil (6)



Herbs & Spices

2T chili powder (4)
1 dried chipotle pepper (4)
(OR ancho/ other dried pepper)

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



October Menu, Week 4: Prep Day



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Pre-heat oven to 350 F. (2,6)



Potatoes: Poke 6-10 holes in each potato. Bake in covered dish for ~1 hour or until soft/ cooked through. Cool. [*] (2)



Chipotle: boil 1c water in a small pan, remove from heat, add 1 dried chipotle and cover w/ lid. Allow to re-hydrate. (4)



Garlic: Finely chop 4-6 cloves garlic, set aside 1T for chili, 1tsp for chard & 1 peeled clove for pesto. (2,3,4,7)

Chili: Dice 1 onion & red bell pepper for chili, set aside. (4)

Chard: Remove leaves from chard stems. Finely chop chard stems and set aside for use in chili (4)

Finely chop chard leaves, place in a container w/ 1tsp chopped garlic. [*] (2)

Carrots: cut carrots into bite-sized pieces. [*] (1)

Broccoli: Cut broccoli into bite-sized pieces. Separate storing half for pasta & half for snacking. [*] (3,7)



Chili (4)

In a large soup pot, sauté ground beef, crumbling. Add bell pepper, onion, chard stems & 1T garlic, sauté for 10 min.

Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).

Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chili/ water to sautéed veggies.

Add 28oz fire roasted diced tomatoes, 2T chili powder and 1 can pinto & 1 can black beans & 3c broth. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed (reserve ¼c broth for pesto).

Continue to cook for 30m-1 hour. Season to taste w/ chili powder, S&P. Remove from heat & cool before storing. [*] (4)

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.



Muffins (6)

In a large mixing bowl, whisk together:

¾c coconut flour + ½tsp salt + ½tsp baking soda + 5 eggs + ½c honey + ½c coconut oil + 1tsp lemon zest (loosely packed) + 1T lemon juice *Note: zest the lemons before juicing*

Gently stir in ½ pint blackberries. (Note: can use whole or rough chop if berries are really large.)

Spoon batter into paper lined muffin cups, filling ~⅔ full.

Bake at 350F for 16-20 minutes or tops spring back slightly when pressed.



Pesto (3,7)

Place the following in blender or food processor:

½c olive oil

¼c broth

1c walnuts

2oz parmesan (size of 2 dominos)

1 sm garlic clove (~1t)

~1c fresh basil leaves

~2-3T lemon juice (add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. (3,7)



Catfish: Place 1c cornmeal in a bowl and dredge catfish to coat. Season w/ S&P. [*] (1)

Salad (5)

Layer the following:

- ½ tub mixed salad greens

- ¼c sliced almonds

- ¼c dried cherries

- 2oz cheddar cubes

Repeat layers. [*] (5)



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

Maple-Mustard Marinade: ½c grainy mustard + ¼c maple syrup + ¼c olive oil + 1T salt. [*] (2)



Apricots (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.

Dip apricot halves into chocolate and drop onto parchment or foil. Allow to cool.[*] (8)

KEY

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



Paleo & Gluten Free
Meal Plans

October Menu, Week 4: Dish Day

Day 1

Cornmeal Catfish, Black-Eyed Peas & Steamed Carrots (1)

1. Pre-heat oven to 425 F. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 min (for thicker, larger fish).
2. Place black-eyed peas in a small pot on the stove over medium heat until heated through, season w/ S&P.
3. Steam or boil carrots for ~10 minutes, season to taste w/ S&P.

Day 2

Maple-Mustard Chicken w/ Baked Potato & Swiss Chard (2) ****marinate chicken for 1hr up to 24 hr****

1. Pre-heat oven to 375 F. Remove chicken from marinade and bake for 30-40 minutes or until cooked through.
2. Re-heat potatoes in oven until warmed through (option to wrap in foil to prevent drying).
3. Heat 1t oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.

Day 3

Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans (3)

1. Cook spaghetti according to package instructions, drain and return pasta to pot, toss w/ $\frac{3}{4}$ c pesto & cooked veggies (below).
2. In large sauté pan, heat 1t oil on med-high. Add sl mushrooms & broccoli, cook ~8-10 minutes, add 1 can drained white beans. Reminder: store remaining pesto (~1/2c) to use as a dip for broccoli for snacking.

Day 4

Grassfed Beef Chili (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. Option to serve topped w/ jack cheese.

Salad

Mixed Greens w/ Apples, Cherries, Cheddar & Almonds (5)

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

Breakfast

Lemon Blackberry Muffins (6)

Note: I recommend putting remaining muffins into the freezer after 24-48 hours (or immediately). Defrost 1-2 hours before eating.

Snack

Broccoli Dipped in Pesto (7)

1. Dip broccoli in 1-2T pesto. Reminder: reserve 1c pesto for pasta.

Dessert

Dark Chocolate Apricots