



## October Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Almond Dusted Catfish & Roasted Sweet Potato Coins w/ Fennel
  2. Meal 2: Maple Mustard Chicken Thighs w/ Baked Potatoes & Swiss Chard
  3. Meal 3: Baked Pork Chops w/ Pesto & Roasted Mushrooms, Broccoli & Tomatoes
  4. Meal 4: Grassfed Beef Chili
  5. Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds
  6. Breakfast: Lemon Blackberry Muffins
  7. Snack: Carrots Dipped in Pesto
  8. Dessert: Dark Chocolate Apricots
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### Herbs, etc.

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



### Meats

1# grass-fed, organic ground beef, 95% (4)  
4 pork chops (3)  
(thin cut, boneless)  
8 chicken thighs (2)



### Dairy (optional)

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



### Pantry

1c almond flour (1)  
28oz can fire roasted diced tomatoes (4)  
1c dark chocolate chips or discs (70%+ preferred) (8)  
32oz chicken broth (3,4,7)\*  
1/4c maple syrup (2)  
1/2c grainy mustard (2)  
3/4c coconut flour (6)  
1/2tsp baking soda (6)  
1/2c honey (6)  
muffin liners (6)



### Veggies

2 large carrots (7)  
1 pint cherry tomato (3)  
2 bunches Swiss chard (2,4)  
1 bulb fennel (1)  
large bunch broccoli (3)  
16oz sliced mushrooms (3)  
1 red bell pepper (4)  
1 yellow onion (4)  
4 baking potatoes (2)  
2 large sweet potatoes (1)  
5oz tub mixed greens (5)



### Fish

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



### Nuts & Dried Fruits

1 1/2c walnuts (3,6,7)  
1/2c sliced almonds (5)  
1/2c dried cherries (5)\*  
1c dried apricots (8)



### Herbs & Spices

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



### Oils & Vinegars

~1c olive oil  
1/4c balsamic vinegar (5)  
1/2c coconut oil (6)



### Fruits

3 x lemons (3,6,7)  
2x apples (5)  
1/2 pint blackberries (6)  
(OR sub blueberries or raspberries)

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



## October Menu, Week 4 - Paleo: Prep Day



### Pre-heat oven to 375 F. (2)

**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 ~10 cloves, set aside: 1T- chili (4), 1T- sw potato (1), 1tsp- chard (2) & 1 peeled clove- pesto (3,7). (1,2,3,4,7)

**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)

**Sweet Potato:** peel & cut sweet potato into thin "coins," finely chop 1 fennel bulb (white part only). Toss together chopped: sweet potato + fennel + garlic (1T) + 2T olive oil + S&P. [\*] (1)

**Carrots:** cut 2 large carrots into 2-3" sticks for snacking. [\*] (7)

**Broccoli & Tomatoes:** cut the broccoli in bite-sized pieces and 1 pint of tomatoes in half. [\*] (3)



### 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 & 3c broth. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed (reserve 1/4c 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 1/2 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 ~2/3 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:

- 1/2 c olive oil
  - 1/4 c broth
  - 1 c walnuts
  - 2oz parmesan (size of 2 dominos), optional
  - 1 sm garlic clove (~1t)
  - ~1c fresh basil leaves
  - ~2-3 T lemon juice (add to taste)
- Blend until smooth, taste and season as needed w/ salt and/or lemon juice. (3,7)



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

Option: for thicker coat of almond flour, first dip fish in 1-2 whisked eggs before coating in almond flour.

### **Salad (5)**

Layer the following:

- 1/2 tub mixed salad greens
  - 1/4c sliced almonds
  - 1/4c dried cherries
  - 2oz cheddar cubes
- Repeat layers. [\*] (5)



**Balsamic Dressing:** 1/2 cup olive oil 1/4c balsamic vinegar [\*] (5)

**Maple-Mustard Marinade:** 1/2c grainy mustard + 1/4c maple syrup (optional) + 1/4c 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



## October Menu, Week 4 - Paleo: Dish Day

### Day 1

#### Almond Catfish w/ Roasted Sweet Potato Coins w/ Fennel (1)

1. Pre-heat oven to 425 F. Place sweet potatoes & fennel in roasting pan & cover with foil.
2. Roast sweet potatoes & fennel for 45-55 minutes or until sweet potatoes are cooked (knife easily inserts).
2. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 min (for thicker, larger fish).

### 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

#### Baked Pork Chops w/ Pesto & Roasted Mushrooms, Broccoli & Tomatoes

1. Pre-heat oven to 400 F. Brush 1-2T pesto on each pork chop and place in single layer on baking sheet. Store 1/2c pesto for snack (7).
2. Place veggies in single layer on baking sheet, drizzle w/ olive oil, S&P, roast for 30-35 mins, tossing halfway through cooking.
3. Cook porkchops for ~10-15 minutes, depending on thickness, or until pork is cooked through (145 F).

### 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

#### Carrots Dipped in Pesto (7)    **\*\*Reminder: reserve 1c pesto for pasta. \*\***

### Dessert

#### Dark Chocolate Apricots