



# November Menu, Super Fast: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Ginger-Orange Chicken Legs w/ Acorn Squash & Swiss Chard
2. Meal 2: Sausage & Bell Pepper Sauté w/ Rice
3. Meal 3: Fajita Salad
4. Meal 4: Shrimp & Veggie Stir Fry w/ Rice
5. Salad: Kale Salad w/ Pomegranate & Avocado
6. Breakfast: Mushroom & Kale Frittata Cups
7. Snack: Fennel Slices
8. Dessert: Dark Chocolate



## Veggies

1 x garlic bulb (1,4)  
3" knob fresh ginger (1,4)  
2 x swiss chard (1)  
16oz bag chopped kale (5,6)  
2 x acorn squash (1)  
4 x bell peppers (2)  
(mixed colors)  
6oz sliced portabellas (3)  
8oz sliced mushrooms (6)  
2 bulbs fennel (7)  
1 x red onion (3)  
3 x avocados (3,5)  
1 bag pre-chopped  
romaine lettuce (3)



## Meats

4 x chicken legs (1)  
(bone-in, skin-on)  
1# pre-cooked sausages (2)\*  
(Italian or similar flavor)  
1-1.5# skirt steak (3)  
(OR pre-cut stirfry/ fajita meat)



## Fish

1# frozen shrimp (4)  
(peeled, deveined, precooked)



## Freezer

2 x 16oz bags frozen stir fry  
veggies (4)\*  
(OR 32oz frozen/ chopped  
veggies of choice - broccoli,  
bell pepper, etc)



## Oils & Vinegars

~2c olive oil



## Pantry

2c uncooked rice (2,4)  
4-8oz dark chocolate (8)\*  
1/2c salsa (3)\*  
~1/3c coconut aminos (1,3,4)  
(OR tamari/ soy sauce)  
1T honey (5)  
16oz can black beans,  
optional (3)\*  
12 paper muffin liners (6)  
(OR silicone muffin liners)



## Fruit

1c pomegranate arils (5)  
3 x oranges (1,3,5)  
1 x lime (3)



## Eggs

12 eggs (6)



## Spices

1tsp coarse ground sea salt (5)  
1T fajita seasoning (3)\*  
(OR just use S&P)

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



# November Menu, Super Fast: Prep Day (1 hour!)



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## Pre-heat oven to 350 F (6)



**Rice:** Place 2c rice + 6c water in a pot, cover with a lid and cook over low (or cook according to package instructions.) [\*] (2,4)

**Frittata Muffins:** In a large pot, place 8oz (1/2 bag) chopped kale + 8oz sliced mushrooms + 1.5c water. Cover & cook over medium heat for 20 min, adding water if needed. Season w/ S&P and set aside to cool. (6)



**Acorn Squash:** Cut 2 squash in half & remove/ discard seeds. Spread a ~1tsp of olive oil onto flesh side & season w/ S&P. [\*] (1)

**Fennel:** Remove/ discard top green "fronds" & stocks & lower core. Cut remaining 2 bulbs into thin slices for snacking. (7)

**Swiss Chard:** Remove/ discard stems from 2 chard. Roughly chop remaining leaves ~3" pieces. Option: chop 1 garlic clove. [\*] (1)

**Avocado:** Dice 1 avocado for kale salad, set aside. (5)

**Ginger & Garlic:** Finely grate fresh garlic & ginger for ~2T of each. Set aside for stir fry sauce & marinades. (1,4)

**Onion:** Peel & chop 1 red onion into 2-3" pieces for fajita salad. [\*] (3)

**Sausage & Bell Pepper:** Cut 1# pre-cooked sausages into 2" pieces; cut 4 bell peppers into 2" pieces. Store together. [\*] (2)



## Frittata Muffins (6)

Whisk 12 eggs and season w/ S&P. Stir in cooked kale & mushrooms.

Pour into lined muffin pan. Yields ~12.

Bake at 350 F for ~18-22 min or eggs are set. [\*] (6)



## Kale Salad (5)

Drizzle 1T olive oil + 1tsp coarse ground sea salt over 8oz chopped kale. "Massage" with hands for 2-3 minutes.

Whisk together: 1c olive oil + 1tsp orange zest + 1/2c orange juice + 1T honey. Toss dressing with 1 chopped avocado.

Pour dressing + avocado + 1c pomegranate arils over massaged kale. Toss all together. This will keep for 3-5 days. [\*] (5)

**Fajita Marinade:** Combine 1/2c olive oil + zest & juice of 1 lime + 2T coconut aminos [\*] (3)

Note: also add any remaining orange juice not used in kale salad or chicken marinade.

**Stir Fry Sauce:** Combine 6T coconut aminos + ~1T grated garlic + 1T grated ginger. [\*] (4)

**Chicken:** Zest & juice 1 orange + remaining grated ginger & garlic + 1/2c olive oil + 2T coconut aminos. Add 4 chicken legs. [\*] (1)

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



# November Menu, Super Fast: Dish Day

## Day 1

### Ginger-Orange Chicken Legs w/ Acorn Squash & Swiss Chard (1)

1. Pre-heat oven to 375 F.
2. Place chicken legs & acorn squash on a baking sheet and roast for 40-45 minutes or chicken reaches 165 F.
3. Heat 1tsp oil in a large sauté pan and cook swiss chard (and garlic if using) for 4-6 minutes and season w/ S&P.

## Day 2

### Sausage & Bell Pepper Sauté w/ Rice (2)

1. Add ½ cooked rice to a small pan on stovetop w/ 1-2T water. Cook over med-low for ~20 min or heated (or option to microwave).
2. Heat 1-2tsp oil in a large saute pan. Add chopped sausage & bell peppers and cook for 10-12 minutes or heated through.

**D3 NOTE: Place skirt steak/ fajita meat in marinade (ideally for 24 hours).**

## Day 3

### Beef Fajita Salad (3)

1. Heat 1T oil in a sauté pan, cook onion, portabella & 1 can drain/rinsed black beans 10-12min. Toss w/ ~1T fajita seasoning, S&P.
2. Heat 1T oil in a sauté pan. If cooking whole skirt steak, cook 4-5 min/ side, allow to rest for 2 minutes before slicing very thinly. OR if cooking sliced stir fry/ fajita meat, cook for 1-2 min per side.
3. Slice 2 avocados.
4. To serve, top chopped romaine w/ cooked veggies, sliced fajita meat, sliced avocado & salsa.

## Day 4

### Shrimp & Veggie Stir Fry w/ Rice (4)

1. Add ½ cooked rice to a small pan on stovetop w/ 1-2T water. Cook over med-low for ~20 min or heated (or option to microwave).
2. In lg saute pan, place 1# frozen shrimp + 32oz frozen veggies. Cook ~10min over med-high heat. Add stirfry sauce, cook 2 min.

## Salad

### Kale Salad w/ Pomegranate & Avocado (5)

## Breakfast

### Mushroom & Kale Frittata Cups (6)

1. Re-heat in toaster oven for 5-7 min or heated through (or microwave).

## Snack

### Fennel Slices (7)

## Dessert

### Dark Chocolate (8)