



November Menu, Week 1 - Paleo: Grocery List

Serves 4

1. Meal 1: Ancho BBQ Glazed Salmon with Rosemary Roasted Mushrooms & Sweet Potatoes
2. Meal 2: Maple-Mustard Chicken Thighs & Brussels Sprouts with Bacon
3. Meal 3: Ancho BBQ Turkey Meatballs & Sautéed Swiss Chard
4. Meal 4: Butternut Squash, Caramelized Onion & Blue Cheese Tart
5. Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette
6. Breakfast: Roasted Mushroom, Caramelized Onion & Goat Cheese Breakfast Frittata
7. Snack: Celery, Walnut Butter & Pomegranate
8. Dessert: Spiced Butternut Squash Bars



Herbs

- 1 bunch basil (4)
- 1 bunch rosemary (1,5,6)
- 1 bulb garlic (1,3)



Meats

- 1# chicken thighs (2)
- 1# ground turkey (3)
- 4 slices bacon (2,4)*



Dairy (optional)

- 8oz soft goat cheese (6)
- 8oz blue cheese crumbles (4,5)
- 4T grassfed butter (4)



Pantry

- 1/2c walnut butter (7)
- 28oz crushed tomato (1,3)
- 1/2c maple syrup (2,8)
- 1/4c grainy mustard (2)
- 1 dried ancho pepper (1,3) (OR dried chipotle, etc.)
- 1tsp baking soda (8)
- 1/2c chocolate chips, optional (8)



Veggies

- 2# Brussels sprouts (2)
- 1 bunch celery (5,7)
- 2 swiss chard (3)
- 2 x 8oz whole mushrooms (1)
- 1 x 8oz sliced mushrooms (6)
- 2 red onions (4,5,6)
- 2# butternut squash (4,8)
- 2-3 lg sweet potatoes (1)
- 1 x 5oz tub mix greens (5)



Fish

- 4 x salmon fillets (1) (4-6oz/ portion)



Nuts & Dried Fruits

- 1/2c hazelnut (5)
- 6c almonds (3,8) (OR 6.25c almond flour)
- 4 medjool dates (3) (OR 1/4c maple syrup)



Spices

- 2T chili powder* (3)
- 1/4tsp cayenne (3)
- 1T pumpkin pie spice (8)



Fruits

- 2 pears (5)
- 2 pomegranates (5,7) (OR 1c pomegranate arils)



Eggs

- 12 eggs (3,4,6,8) (omega-3)



Oils & Vinegars

- ~1c olive oil
- 3T vinegar (1,3) (rice wine, apple cider, etc)
- 1/4c balsamic vinegar (5)
- 2T aged or reduced balsamic vinegar, optional (4)

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

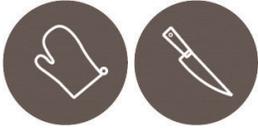


November Menu, Week 1 - Paleo: Prep Day



Paleo & Gluten Free
Meal Plans

Pre-heat oven to 350 F. (4,6,8)



Butternut Squash (4,8)

Cut butternut squash in half. Pierce bottom half only (containing seeds) w/ a knife and bake for ~1.5 hours or until pierced easily. (8)

Peel and finely dice the top half of the squash. Finely dice 2 slices of bacon. Toss squash + bacon + 1T olive oil + S&P. Roast diced squash & bacon in single layer on a sheet pan for 30-45 minutes, occasionally removing to toss. (4)

Rosemary: Finely chop rosemary (1,5,6)

Sliced Mushrooms: Toss 8oz sliced mushrooms w/ 1tsp oil & 1T chopped rosemary. Roast at 350 F for 25 minutes (6)



Red Onion: Chop 2 red onions into thin strips (4,6)

Veg: Peel & dice 2-3 sweet potatoes into 1/2" cubes & toss w/ 16oz whole mushrooms + 3T oil + 1T chopped rosemary + S&P. [*] (1)

Pomegranate: Remove arils from pomegranate. Store 1/2c for snacking (7) and set aside 1/2c for salad (5). (5,7)

Brussels Sprouts: Cut sprouts in half, chop 2 slices bacon (1/4-1/2" pieces), toss both with 1 T olive oil, S&P. [*] (2)

Celery: Finely dice 2-3 stalks celery for salad. (5) Cut remaining celery into sticks and store for snacking. (7) [*] (5,7)

Swiss chard: Remove stems and discard. Roughly chop leaves. Chop 1-2 cloves garlic. Store together. [*] (3)

Hazelnuts: Roughly chop 1/2c, set aside. (5)

Basil: Remove stems and roughly chop, set aside. (4)



Ancho: Bring 1c water to boil. Place 1 dried ancho in water, cover with lid, remove from heat, allow pepper to re-hydrate. (1,3)

Caramelized Onion: Heat 1T oil over medium heat, add sliced red onions and a pinch of salt.

Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and allow to cool. (4,6)



BBQ Sauce (1,3)

Add the following to a blender or food processor:

3T rice wine vinegar (or red wine, apple cider, etc.)

28oz can crushed tomatoes

1/4c dates, pitted (4 large) (OR 1/4 cup maple syrup)

1 clove garlic

1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)

1/4tsp cayenne + 2T chili powder + S&P to taste

Puree until smooth. [*] (1,3)

Almond Flour: Blend 6c almonds until a fine, flour-like consistency (be careful not to over-blend into almond paste). (3,4,8)



Breakfast Frittata (6)

- Whisk 8 eggs in a large bowl. Stir in roasted mushrooms & 1c caramelized onions & 1tsp chopped rosemary.
- Crumble in 8oz goat cheese and season with ½tsp fresh ground black pepper.
- Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ ½tsp salt. Bake at 350 F for 34-38 min or until no longer jiggly. Cool. [*] (6)



Meatballs (3)

In large bowl combine: 1.25c almond flour + 2 eggs + 1# ground turkey + 1T chili powder + 1tsp pepper + ¼c BBQ sauce
Mix together all of the above (works best using hands). Form into 12 balls and top with 1c BBQ sauce. [*] (3)
Refrigerate remaining BBQ sauce for salmon [*] (1)



Tart (4): Place the following in a food processor:

3c almond flour
4T butter (or 4T olive oil)
1 egg
½tsp salt

Pulse until combined. Spread in a 9x13" pan and bake for ~15 minutes or set.

Top crust with remaining caramelized onions + diced & roasted butternut squash & bacon + 4oz blue cheese crumbles.
Place in 350 F oven for 5-10 min to melt cheese. Then top with chopped basil & drizzle with reduced balsamic vinegar (optional). [*] (4)

Salad (5): In a container layer:

½ of mixed greens
¼c chopped hazelnuts
½ of chopped celery
¼c pomegranate arils
2oz blue cheese crumbles.
Repeat layers. [*] (5)



Butternut Squash Bars (8)

Peel and remove seeds from bottom half of baked butternut squash. Mash flesh (should yield ~1.5c).

Stir together dry ingredients: 2c almond flour + 1tsp baking soda + 1T pumpkin pie spice
Whisk together wet ingredients: 1.5c cooked, mashed butternut squash + ¼c maple syrup + 1 egg
Mix wet into dry, stir in ½c chocolate chips (optional).

Bake at 350 F in a 8x8 or 9x9" pan for 35-45 minutes or until set.



Maple-Mustard: Whisk together: ¼c grainy mustard + 2T maple syrup (optional). [*] (2)

Balsamic Dressing: Whisk together: ½c olive oil + ¼c balsamic vinegar + 1tsp chopped rosemary + S&P to taste. [*] (5)

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



November Menu, Week 1 - Paleo: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Ancho BBQ Glazed Salmon with Rosemary Roasted Mushrooms & Sweet Potatoes (1)

1. Pre-heat oven to 425 F. Place mushrooms & sweet potatoes on baking sheet. Roast for 30-35 min.
2. Spread both sides of fish w/ BBQ sauce. Place on baking sheet and bake for 16-18 min at 425 F or until fish is flaky.

Day 2

Maple Mustard Chicken Thighs & Roasted Brussels Sprouts (2)

1. Pre-heat oven to 375 F and marinate chicken in maple-mustard sauce while oven pre-heats.
2. Place Brussels sprouts & bacon on baking sheet, roast 40-45min (removing from oven 1/2 way through cooking and toss).
3. Place chicken in a baking pan & bake for 35 minutes.

Day 3

Ancho BBQ Meatballs & Sautéed Swiss Chard (3)

1. Pre-heat oven to 350 F and bake meatballs for 45 minutes or heated through.
 2. During final 15min of cooking, heat 1 tsp olive oil in sauté pan, add garlic & chard, stir and top w/ lid (allowing to cook/ steam).
- Cook chard until just wilting 4-5 minutes, stirring as cooking. Season w/ S&P.

Day 4

Butternut Squash, Caramelized Onion & Blue Cheese Tart (4)

1. Re-heat in 350 F oven for 30 minutes (can also be served cold).

Salad

Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Chop 1 pear and add to salad. Serve dressing on side, shaking well before use.

Breakfast

Roasted Mushroom, Caramelized Onion & Goat Cheese Breakfast Frittata (6)

Re-heat 1 slice in toaster oven (3-5min) or in microwave (30sec-1min) OR re-heat entire frittata in 350 F oven for 15-20 min.

Snack

Celery, Walnut Butter & Pomegranate (7)

Per Serving: Scoop out 1 T walnut butter and spread onto 5-10 celery sticks, topping w/ 2 T pomegranate arils.

Dessert

Spiced Butternut Squash Bars (8)

Refrigerate for up to 1 week, option to freeze extras. (ok to store at room temp for a few days).