



November Menu, Week 2 - Paleo: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Pesto Sea Bass with Roasted Potatoes & Broccoli
2. Meal 2: Jerk Chicken with Plantains & Sautéed Spinach
3. Meal 3: Sausage, Roasted Tomato & Pesto Spaghetti Squash
4. Meal 4: Grassfed Beef & Kale Chili
5. Salad: Mixed Greens with Oranges, Pecans & Feta Cheese
6. Breakfast: Cranberry & Hazelnut Baked Apples
7. Snack: Roasted Broccoli
8. Dessert: Chocolate Pudding Topped with Cacao Nibs



Herbs

- 1 bunch basil (1,3)
- 1 bulb garlic (1,2,3,4)



Fruits

- 4 red apples (6)
- 2 oranges (5)
- 1 lemon (1,3)
- 4 limes (2)
- 2 plantains (2)
(with black spots)



Dairy (optional)

- 4oz feta crumbles (5)
- 3oz parmesan cheese (1,3)



Pantry

- 28oz can fire roasted tomatoes (4)
- 4c low-sodium beef broth (4)*
- 1/2c coconut milk (8)
- 1/2c cocoa powder (8)
- 1T+1tsp vanilla (6,8)
- 1 dried chipotle pepper (4)
(OR dried ancho)
- 2T coconut aminos (2)
- 1-2tsp honey (optional) (5)
- 1/4c cacao nibs (optional) (8)



Veggies

- 1 bunch kale (4)
- 2 pints cherry tomatoes (3)
- 2 bunches broccoli (1,7)
- 3 soft avocados (8)
- 1 red & 1 yellow bell pepper (4)
- 1 habanero or jalapeño,
optional (2)
- 4 red potatoes (1)
- 1 yellow onion (4)
- 1 spaghetti squash (3)
- 5oz tub spinach (2)
- 5oz tub mix greens (5)



Meats

- 4 bone-in, skin-on chicken legs (2)
- 1# grassfed ground beef (4)
- ~1# sausage (3)*



Nuts & Dried Fruits

- 1/2c walnut pieces (1,3)
- 1/2c pecan pieces (5)
- 1/2c pine nuts (3)
- 1/2c hazelnuts (6)
- 1/4c dried cranberries (6)
- 1 1/4c medjool dates (6,8)



Fish

- 4 sea bass fillets, 4-6oz ea (1)
(OR sub salmon or tilapia)



Oils & Vinegars

- ~2c olive oil
- ~1/2c coconut oil (2,6)
- 1/4c champagne vinegar (5)



Spices

- 4T chili powder (2,4)
- 1T paprika (2)
- 2T cumin powder (2,4)
- ~3T cinnamon (2,6)
- 1T oregano (1)
- 2T thyme (2)
- 1T allspice (2)
- 1tsp ginger (2)
- 1tsp nutmeg (2)

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



November Menu, Week 2 - Paleo: Prep Day



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Pre-heat oven to 400 F. (3, 6, 7)



Chipotle: Bring 1c water to boil. Place 1 dried chipotle in water, top with lid, remove from heat, allow pepper to re-hydrate. (4)



Garlic: chop 2 cloves garlic for spinach [*] (2); 4 cloves for chili (4); 1 clove for broccoli. (1)

Oranges: peel & cut 2 oranges into segments, set aside. (5)

Chili: dice 1 yellow onion, 1 red & 1 yellow bell pepper. Remove kale leaves from stem, finely chop both, keeping separate. (4)

Broccoli: chop 1 head broccoli into 1" pieces. Toss w/ 3T olive oil, 1 clove chopped garlic, S&P. Set aside 1/2 (7) & store 1/2 (1). [*] (1,7)

Red Potatoes: cut 4 potatoes into 1", bite-sized pieces. Toss w/ 3T olive oil, 1T dried oregano, S&P. [*] (1)

Note: cut red potato on dish day if not eating within 24 hours.

Spaghetti Squash: cut 2 pints cherry tomatoes in half. Cut 1# sausage into bite-sized pieces (if sausage is raw, cook). (3)

Plantains: cut 2 plantains in half & then cut into 4 long slices. [*] (2)

Marinade: remove & discard stems, seeds and white part of 1 habanero or jalapeño. Remove peel of 1 garlic clove. Set aside. (2)



Spaghetti Squash: Pierce 1 squash w/ a fork. Bake for 1hr-1.25hrs or until knife inserts easily. Place in fridge to cool (3)

Broccoli: Roast half of a chopped broccoli bunch in single layer on a sheet pan for ~35 minutes. Cool. [*] (7)

Tomatoes: Toss 2 pints cherry tomato halves w/ 1-2T olive oil, S&P. Place in single layer on baking sheet. Roast ~20 min. Cool. [*] (3)



Chili (4)

In lg stock pan, sauté 1# ground beef, crumbling. Add diced 2 bell peppers, 1 onion, kale stems & 4 garlic cloves, sauté for 10 min.

Remove & discard seeds & stem from 1 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 chipotle chili/ water to sautéed veggies. Add chopped kale leaves.

Add 28oz fire roasted diced tomatoes, 2T chili powder, 1T cumin, & 4c beef broth. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed.

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.



Baked Apples (6): Place in a blender:

1/4c coconut oil , 1/4c dates, pits removed (~5 large), 1/4c dried cranberries, 1/2c hazelnuts & 1tsp vanilla. Blend until roughly chopped. Cut apples in half and scoop out center seeds. Place 1T (heaping) of filling per apple; sprinkle w/ 1/2T cinnamon. Cover with foil. Bake at 400 F for 30-40 minutes or until soft. Remove foil during last 5 minutes of baking. [*] (6)



Chocolate Pudding (8): In a blender add:

1/2c coconut milk (or milk of choice)

1T vanilla

3 avocados

1/2c cocoa powder

1c pitted dates

Puree on low, gradually increasing speed, blend all until smooth, adding more milk if needed for smooth consistency [*] (8)

Pesto (1,3) : In a blender add:

1/3c olive oil

1/4c water (add more if needed for consistency)

1T lemon juice (about 1/2 lemon)

1 clove garlic

1/2c walnuts

1/2c basil

2oz parmesan cheese

Blend until smooth, season as needed w/ salt and/or lemon juice. Spread 2-3T pesto onto each fish fillet. [*] (1)

Jerk Marinade (2) : In a blender add:

1c olive oil

juice of 4 limes

1 clove garlic (no peel)

1 habanero or jalapeño pepper (stems, seeds & white parts removed)

2T coconut aminos

2T thyme

1T allspice

1tsp ginger

1tsp nutmeg

1/2tsp cinnamon

1T each S&P

Blend until pepper & garlic is roughly chopped. [*] (2)



Spaghetti Squash: Cut in half & remove/ discard seeds. Remove squash and toss with tomatoes + pesto + cooked sausage. [*] (3)

Salad (5): In a container layer the following (option to store in the salad tub):

1/2 tub of mixed greens

1/4c pecan pieces

segments from 1 orange

2oz feta crumbles

Repeat layers. [*] (5)

Champagne Vinaigrette (5) Whisk together: 1/2c olive oil + 1/4c champagne vinegar + S&P (option: add 1-2tsp honey) [*] (5)

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



November Menu, Week 2 - Paleo: Dish Day



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Day 1

Pesto Sea Bass with Roasted Potatoes & Broccoli (1)

1. Pre-heat oven to 425 F. Place sea bass in baking pan. Place potatoes & broccoli in single layer on 2 separate baking sheets.
2. Roast potatoes for 30-35 min or until browned/ cooked through.
3. Roast sea bass for 20-24 minutes or cooked through/ flaky.
4. Roast broccoli for 20-24 minutes.

Day 2

Jerk Chicken with Plantains & Sautéed Spinach (2) *marinate chicken for 12-24 hours*

1. Marinate chicken for a minimum of 30 minutes, but ideally 12-24 hours (in fridge).
2. Pre-heat oven to 375 F.
3. Remove chicken from marinade. Bake chicken for 35-40 minutes or cooked through to 165 F.
4. Heat 1-2T coconut oil in large sauté pan. Add plantain slices and cook 3-4 min/ side or until browned. Scoot to side.
5. Add additional oil to same sauté pan. Add chopped garlic & spinach, sauté 3-4 min or just wilted. Season both w/ S&P.

Day 3

Sausage, Roasted Tomato & Pesto Spaghetti Squash (3)

1. Pre-heat oven to 400 F. Heat, covered, 40-50 min or heated through.
2. Top with 1/2c pine nuts.

Day 4

Grassfed Beef & Kale Chili (4)

1. Heat on stovetop in a soup pot over medium heat for 20-30 min until heated through, stirring occasionally.

Salad

Mixed Greens w/ Oranges, Pecans & Feta Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).

Breakfast

Cranberry & Hazelnut Baked Apples (6)

Re-heat each apple in toaster oven (3-5 minutes) or in microwave (30sec-1min)

Snack

Roasted Broccoli (7)

Dessert

Chocolate Pudding w/ Cacao Nibs (8)

Sprinkle w/ cacao nibs and serve.