



November Menu, Week 3 - Paleo: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper
2. Meal 2: Chicken Stir Fry with Broccoli & Carrots
3. Meal 3: Sausage, Sweet Potato & Kale Soup
4. Meal 4: Turkey Zucchini Lasagna
5. Salad: Mixed Greens with Apple, Walnuts & Goat Cheese
6. Breakfast: Hard Boiled Eggs & Berries
7. Snack: Cucumber Slices
8. Dessert: Dark Chocolate Dipped Orange Slices



Herbs

- 1 bunch basil (4)
- 1 bulb garlic (2,3)
- ~3" knob ginger (1,2)



Meats

- 1# ground turkey thigh (4)
- 1# boneless, skinless chicken breast (2)
- ~1# raw sausage*



Dairy (optional)

- 32oz organic Greek yogurt (4)
- 5oz shredded parm (1.5c) (4)
- 4-6oz goat cheese crumbles (5)



Pantry

- 1 x 25.5oz spaghetti sauce (4)*
- 4c low-sodium veggie broth (3)
- 4T coconut aminos (1,2)
- parchment paper OR parchment bags (1)
- 1c dark chocolate chips or discs (70%+ preferred) (8)



Veggies

- 1 bunch kale (3)
- 4 carrots (2)
- 2x 8oz sliced mushrooms (1,4)
- 1 head broccoli (2)
- 2 red bell peppers (1)
- 4 med-large zucchini (4)
- 1 yellow onion (3,4)
- 1 lg or 2 sm sweet potatoes (3)
- 5oz tub mixed greens (5)
- 1 large cucumber (7)
- 1 bag baby spinach (1)



Fish

- 4 salmon fillets, 4-6oz each (1)



Nuts

- 1/2c walnut pieces (5)



Eggs

- 8 eggs (omega-3) (6)



Oils & Vinegars

- ~1c olive oil
- 1/4c balsamic vinegar (5)
- 3T toasted sesame oil (1,2)



Spices

- 2T chili powder (3)*
- 1T cumin (3)
- 1T ancho chili powder (3)
- 2T Italian seasoning (4)



Fruits

- 4 oranges (8)
- 2 apples (5)
- 2 pints berries (6)

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



November Menu, Week 3 - Paleo: Prep Day



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- Zucchini:** Thinly slice 4 zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. (4)
Onion: Finely dice 1 yellow onion, set aside half for lasagna (4) & half for soup (3). (3,4)
Basil: Finely chop 1 bunch basil leaves. (4)
Garlic: Finely chop 3 garlic cloves, set aside half for soup (3) & half for stir fry (2). (2,3)
Kale: Remove leaves from stems and finely chop both stems and leaves separately, set aside. (3)
Sweet potato: Finely chop 1 large or 2 small sweet potatoes into small bite-sized pieces for soup. (3)
Stir Fry: Cut 1 broccoli into bite-sized pieces & 4 carrots into thin "coins." [*] (2)
Ginger: Peel and grate 4T ginger, set aside. (1,2)
Chicken: Slice 1# chicken breasts into thin strips (~2" each), place in container, top w/ 1T each chopped garlic & ginger. [*] (2)
Bell Pepper: Thinly slice 2 red bell peppers, set aside. (1)
Oranges: Peel 4 oranges and pull or cut into segments, set aside. (8)
Cucumber: Cut 1 large cucumber into slices for snacking. [*] (7)



Soup (3): In a large soup pot heat 1tsp oil over med-high heat. Add: 2T chili powder + 1T cumin + ¼tsp ancho powder + chopped garlic cloves + sweet potatoes + kale stems + chopped ½ yellow onion + 1# raw sausage
 Sauté the above for 8-10 min, breaking apart sausage. Add 32oz low sodium veg broth + 4c water.
 Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes.
 Season to taste with S&P and additional ancho powder as desired. Allow to cool. [*] (3)

Eggs: Place 8 eggs in large pot, cover w/ water. Boil for 3-4min. Cover w/ tight-fitting lid, remove from heat for 20 min. [*] (6)



Tomato Sauce, Lasagna (4)

- In a large sauté pan over med-high heat, cook 1# ground turkey + chopped ½ onion + 8oz sliced mushrooms + 2T Italian seasoning for 12 min.
- Stir in 1 jar spaghetti sauce, remove from heat, allowing to cool. (4)

Lasagna (4)

Stir together the following for the "white layer":

32oz Greek yogurt + ½ chopped basil leaves + 1c shredded parm

Assemble lasagna by layering in a 9x13" pan:

- ½ turkey-tomato sauce
- zucchini "noodles"
- ¾ white layer mix
- zucchini "noodles"
- remaining ½ tomato sauce

Dot w/ remaining white layer mix & top w/ ½c parmesan & cover w/ foil. [*] (4)



Balsamic Dressing (5)

Whisk together:

½c olive oil

¼c balsamic vinegar [*] (5)

Asian Sauce (1,2)

Whisk together:

4T coconut aminos

3T toasted sesame oil

Salmon Pouches (1)

Place 4 salmon fillets on 4 squares of parchment or parchment pouches & top w/ remaining 1T grated ginger (~¾tsp per fillet).

Evenly distribute 8oz sliced mushrooms, 2 sliced red bell pepper & 1 bag baby spinach onto parchment pieces, next to the salmon.

Drizzle ~½ of the Asian sauce (above) over the 4 pouches. (if not eating within 12 hours add sauce on Prep Day).

Seal pouch (refer to PrepDish.com/salmonpouch for pictures). [*] (2)

Reserve the remaining half of the Asian sauce for the stir fry. [*] (1)

Salad (5)

Layer in container as follows:

½ tub mixed greens

¼c chopped walnuts

2oz goat cheese crumbles

Repeat layers. [*] (5)



Chocolate Orange Slices (8)

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

Remove chocolate from heat and dip orange slices into dark chocolate.

Place on a piece of parchment or foil and allow to cool. [*] (8)

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



November Menu, Week 3 - Paleo: Dish Day



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Day 1

Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper (1)

1. Pre-heat oven to 400 F.
2. Bake salmon & veggie pouches 16-20 minutes .

Day 2

Chicken Stirfry w/ Broccoli & Carrots (2)

1. Add 1t oil to large sauté pan over high heat. Add ginger, garlic & chicken, cook 1 min. Add carrots & broccoli, continuing to stir.
2. Cook chicken & veg ~8-10min. Add Asian sauce, stirring to coat all ingredients with sauce, cook additional 3-4 min.

Day 3

Sausage, Sweet Potato & Kale Soup (3)

1. Re-heat on stovetop over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally). Add water or broth if needed for desired consistency.

Day 4

Turkey Zucchini Lasagna (4)

1. Pre-heat oven to 400F and re-heat lasagna, covered, for 50min-1hr or until bubbly/ heated through. Allow to cool ~10min.

Salad

Mixed Greens w/ Apple, Walnuts & Goat Cheese (5)

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

Breakfast

Hard Boiled Eggs + Berries (6)

Snack

Cucumber Slices (7)

Dessert

Dark Chocolate Orange Slices (8)