



December Menu, Week 2: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Pecan Crusted Salmon w/ Green Beans & Roasted Butternut Squash
2. Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms
3. Meal 3: Potato & Onion Frittata w/ Grapes
4. Meal 4: Beef Minestrone Soup
5. Salad: Mixed Greens w/ Blueberries, Walnuts & Feta
6. Breakfast: Almond Flour Pancakes
7. Snack: Broccoli & Tomatoes w/ Hummus
8. Dessert: Dark Chocolate w/ Brazil nuts



Herbs

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



Meats

½# grassfed ground beef (4)
4 chicken breasts (2)
(thin, scallopine cut)
2 slices thick-cut bacon (2)



Dairy (optional)

4-6oz feta cheese crumbles (5)
4oz soft goat cheese log (2)
1c milk (6) *not optional*
(almond or coconut works)



Pantry

28oz can diced tomatoes (4)
4c low-sodium beef broth (4)
½c br rice macaroni pasta (4)*
2 x 15oz cans cannellini beans (4,7)
2c almond flour (6)
4oz dark chocolate (8)
(bar or individually wrapped)



Veggies

1 carrot (4)
1 bunch Swiss chard (2)
1 zucchini (4)
2 heads broccoli (2,7)
2-3c green beans (1)
8oz whole mushrooms (2)
1# baking potatoes (3)
2 yellow onions (3,4)
2# pre-cut butternut squash (1) (OR 1 whole)
2 pints cherry tomatoes (2,7)
5oz tub mixed greens (5)



Fish

4 x salmon fillets, 4-6oz ea (1)
(skin removed)



Nuts & Dried Fruits

1c brazil nuts (8)
½c chopped walnuts (5)
1½c pecans (1)



Spices

1T basil (1)
1T chili powder (1)*
1T paprika (1)
1T cumin powder (1)
2T Italian seasoning (2,4)*



Fruits

1c blueberries (5)
1 bag grapes (3)



Eggs

14 eggs (omega 3) (1,3,6)



Oils & Vinegars

~¾c olive oil
~¼c balsamic vinegar (5,7)

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



December Menu, Week 2: Prep Day



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Pre-heat oven to 350 F. (3)



Minestrone: Finely dice 1 carrot, 1 zucchini 1 yellow onion & 3-4 garlic cloves. (4)

Frittata: Slice 1 yellow onion, thinly slice 1# potatoes (works best on a mandolin), finely chop 3-4 cloves garlic. (3)

Chicken: Remove leaves from chard, finely chop leaves (discard stems). Finely chop 2 slices bacon & 1 clove garlic. (2)



Frittata (3)

In a large sauté pan heat 1T olive oil on high, add sliced onions and cook ~5 minutes. Season w/ ½t salt.

Add sliced potatoes & chopped garlic, season w/ S&P.

Add 2c water, cover w/ lid turn heat to medium and cook 15 min or until knife easily slides through potatoes. Set aside to cool. (3)

Chicken (2)

In a large sauté pan, cook chopped bacon, chard & garlic for ~8 min or until bacon is crispy.

Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool.



Minestrone (4)

In a large soup pot, sauté diced onion, carrot, zucchini, garlic, ½# ground beef & 1T Italian seasoning for ~10 min, breaking up beef.

In a blender add: 1 large can diced tomatoes w/ a large handful of fresh basil, process until smooth.

Add blended diced tomatoes + 4c broth + 4c water to soup. Add more water as necessary for desired consistency.

Cook 15-20min over low. Add ½ cup brown rice pasta & 1 can drained white beans, cook another 10min. Allow to cool. [*] (4)



Frittata (3)

Whisk 8 eggs in a large bowl, season w/ S&P. Stir in cooked onions & potatoes. Pour into an oiled pie pan.

Bake at 350 F for 40-45 minutes or until cooked through and no longer jiggly in the center. Cool. [*] (3)



Broccoli: Cut 1 broccoli head into bite-sized pieces for snacking, store with 1 pint cherry tomatoes. [*] (7)

Broccoli, Tomato & Mushroom: Cut mushrooms & 1 pint tomatoes in half. Cut remaining broccoli into ½" cubes. Toss all w/ 2-3 olive oil, 1T Italian seasoning, S&P. [*] (2)

Butternut Squash: Peel & cut into 1" cubes (if not pre-cut). Toss w/ 1T olive oil, 1T dried basil, S&P. [*] (1)

Green Beans: Trim ends on 2-3c green beans, if needed. Toss w/ 1T olive oil, S&P. [*] (1)



Basil-Balsamic White Bean Hummus (7)

Blend the following until smooth:

1tsp balsamic vinegar

1 garlic clove

15oz cannellini beans, drained & rinsed

large handful of basil

add olive oil, 1T at a time as needed for a smooth consistency & season w/ fresh ground pepper, ¼ tsp sea salt. (7) [*]

Pecan Salmon (1)

Blend the following until pecans are roughly to finely chopped.

- 1½ cup pecans

- 1T chili powder

- 1T paprika

- 1T cumin powder

Place pecans in a shallow bowl. In a separate shallow bowl, place 2 eggs, whisked.

Dredge salmon in the following order:

1: eggs

2: pecan crust

Place in container. Repeat steps until all fillets are covered and placed in container. [*] (1)



Pancakes:

Place the following in a bowl:

2c almond flour

4 eggs

1c milk (almond or coconut works)

Use a whisk to blend until smooth.

Cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side. [*] 6

OR keep batter in fridge & make "fresh" pancakes at breakfast. [*] 6

Salad (5)

Layer in container as follows:

½ tub mixed greens

¼c chopped walnuts

2-3oz feta cheese crumbles

½c blueberries

Repeat layers. [*] (5)

Chicken (2)

Pound 4 chicken breasts flat, as necessary. Spread ¼ of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [*] (2)



Balsamic Dressing: Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste [*] (5)

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



December Menu, Week 2: Dish Day



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Meal Plans

Day 1

Pecan Crusted Salmon w/ Green Beans & Roasted Butternut Squash (1)

1. Pre-heat oven to 400 F. Place squash & green beans on 2 separate sheet trays. Spread out evenly.
2. Roast butternut squash for 30-35 min. (remove and toss halfway through)
3. Roast salmon for 18-22 minutes or cooked through/ flaky. Roast green beans ~10 min.

Day 2

Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms (2)

1. Pre-heat oven to 400 F.
2. Bake chicken ~40 minutes or cooked through to 165 F.
3. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 minutes.

Day 3

Potato & Onion Frittata w/ Grapes (3)

1. Re-heat in 350 F oven for ~20 minutes or heated through.
2. Serve with grapes on side.

Day 4

Beef Minestrone (4)

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.)

Salad

Mixed Greens w/ Blueberries, Walnuts & Feta (5)

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

Breakfast

Almond Flour Pancakes (6)

1. If using batter, pre-heat pancake griddle or sauté pan on med heat, cook 2-3 min/ side.
2. OR to re-heat pre-made pancakes, heat in a sauté pan for 1-2 min/ side.
3. Top as desired. Yields ~20 pancakes.

Snack

Broccoli & Tomatoes w/ Hummus (7)

Dessert

Dark Chocolate w/ Brazil nuts (8)

1 serving = 1oz chocolate + 1/4c Brazil nuts