



# December Menu, Week 2 - PALEO: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Pecan Crusted Salmon w/ Asparagus & Roasted Butternut Squash
2. Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomatoes & 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/ Zucchini Hummus
8. Dessert: Dark Chocolate w/ Brazil nuts



## Herbs

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



## Meats

- 1# 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 **\*\*not optional\*\***  
(almond or coconut works)



## Pantry

- 28oz can diced tomatoes (4)
- 4c low-sodium beef broth (4)
- 2c almond flour (6)
- 4oz dark chocolate (8)  
(bar or individually wrapped)
- 1/2c tahini (7)



## Veggies

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



## Fish

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



## Nuts & Dried Fruits

- 1c brazil nuts (8)
- 1/2c chopped walnuts (5)
- 1 1/2c 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)
- 2x lemon (7)



## Eggs

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



## Oils & Vinegars

- ~3/4c olive oil
- ~1/4c balsamic vinegar (5,7)

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



## December Menu, Week 2 - PALEO: Prep Day



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**Pre-heat oven to 350 F. (3,6)**



**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)

**Zucchini:** Remove ends of remaining 2 zucchini & chop into quarters. (7)

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

**Broccoli, Tomato & Mushroom:** Cut 8oz mushrooms & 1 pint tomatoes in half. Chop remaining broccoli into 1/2" 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)

**Asparagus:** Trim & discard lower 2-3" from 1 bunch asparagus. Toss w/ 1T olive oil, S&P. Option to also top w/ 1tsp lemon zest. [\*] (1)



### **Frittata (3)**

In a large sauté pan heat 1T olive oil on high, add sliced onions and cook ~5 minutes. Season w/ 1/2t 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 cooked through.

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



### **Minestrone (4)**

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

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

Add blended tomatoes + 4c broth + 4c water to soup. Add more water as needed. Cook 15-20min on low. Allow to cool. [\*] (4)



### **Zucchini Hummus(7)**

Blend the following until smooth:

1tsp balsamic vinegar

1 clove garlic

2 zucchini, chopped

1/2c tahini

1/3c lemon juice

large handful of basil

Add olive oil, 1T at a time, as needed for a smooth consistency & season w/ fresh ground pepper, 1/4tsp sea salt. [\*] (7)



### **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)



### **Pecan Salmon (1)**

1.5c pecans

1T chili powder

1T paprika

1T cumin powder

Blend until pecans are roughly to finely chopped.

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 for 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 chicken 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 - PALEO: Dish Day



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### Day 1

#### **Pecan Crusted Salmon w/ Asparagus & Roasted Butternut Squash (1)**

1. Pre-heat oven to 400 F. Place squash & asparagus 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 asparagus ~10 min.

### Day 2

#### **Bacon & Chard Stuffed Chicken w/ Broccoli, Tomatoes & 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, 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 with Zucchini Hummus (7)**

### Dessert

#### **Dark Chocolate w/ Brazil nuts (8)**

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