



December Menu, Week 3: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Orange-Basil Turkey Breast w/ Fingerling Potatoes & Brussels Sprouts
2. Meal 2: Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup
3. Meal 3: Pizza Soup
4. Meal 4: Leek & Mushroom Frittata & Blueberries
5. Salad: Spinach w/ Apples, Cherries, Walnuts & Goat Cheese
6. Breakfast: Brown Rice Cake w/ Almond Butter & Banana
7. Snack: Celery + Almond Butter
8. Dessert: Pumpkin Pie Pudding



Herbs

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



Fruits

3 oranges (1)
4-6 bananas (6)
2c blueberries (4)
2 apples (5)



Dairy (optional)

4oz goat cheese crumbles (5)
4oz feta crumbles (4)



Pantry

1c almond butter (6,7)*
4c beef broth (3)*
4c chicken broth (2)*
28oz can diced tomatoes (3)*
2.25oz sliced black olives (3)
1 pkg brown rice cakes (6)*
2 cans pumpkin puree (8)*
(NOT pumpkin pie filling)
11oz full fat coconut milk (8)
1/2c maple syrup (8)



Veggies

3 large leeks (2,4)
1 red onion (3)
2 green bell peppers (3)
2x 8oz tub sliced mushrooms (3,4)
1 bunch celery (7)
1# Brussels Sprouts (1)
5oz bag baby spinach (5)
1.5# fingerling potatoes (1)
1 head cauliflower (2)
1 yellow onion (2)



Meats

2-3# bone-in turkey breast (1)
4oz pepperoni (3)*
~3# beef brisket (2)



Nuts & Dried Fruits

1/2c chopped walnuts (5)
1/2c dried cherries (5)*



Eggs

8 eggs (4) (omega-3)



Oils & Vinegars

~1c olive oil
1/4c balsamic vinegar (5)



Spices

2T dried oregano (1,3)
1T dried basil (3)
1tsp pumpkin pie spice (8)
1/2tsp turmeric (2)
2T cumin powder (2)
2T Italian seasoning (2)
1T garlic powder (2)

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



December Menu, Week 3: Prep Day



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Pre-heat oven to 325 F. (2,4)



Brisket (2)

Mix together brisket seasonings:

½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp fresh ground pepper

Spread evenly over brisket.

Place in a pan and cover with foil, bake at 325 F for 3-5 hours. Allow to cool. [*] (2)



Garlic: Finely chop 5 cloves garlic. Set aside 2 for frittata (4), 2 for leek soup (2) and 1 for pizza soup (3). (2,3,4)

Leeks: Cut & discard top green & bottom roots of 3 leeks. Finely dice 1 leek & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Set aside for frittata (4). Roughly chop remaining 2 leeks & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Set aside for soup (2).

Leek Soup: roughly chop 1 head cauliflower, 1 yellow onion. Set aside. (2)

Pizza Soup: Finely chop 1 red onion + 2 green bell peppers + 4oz pepperoni. Set aside. (3)

Brussels & Potatoes: Trim Brussels ends. Cut both into 1", bite-sized pieces. Toss w/ 1-2T olive oil, 1T dried oregano, S&P. [*] (1)



Frittata (4)

Heat 1T oil in a lg sauté pan over med heat, add 1 finely chopped leek + 8oz sliced mushrooms + 1T chopped garlic + pinch of salt. Sauté for 10-12 min. Turn off heat and allow to cool. (4)



Leek Soup (2)

In a large soup pot, heat 1tsp olive oil over med-high heat.

Add chopped veggies (2 leeks + 1 cauliflower + 1 onion + 2 garlic). Season w/ S&P and sauté for 5-6 minutes.

Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.

Remove from heat and allow to cool.

Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth.

Season w/ additional S&P as needed. [*] (2)

Pizza Soup (3)

In a large soup pot, heat 1tsp olive oil over med-high heat.

Add chopped veg (1 garlic clove + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms).

Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives, drained.

Bring to a low boil, then lower to a simmer. Cook ~30 min. Add liquid as needed. Season to taste w/ S&P. Allow to cool. [*] (3)



Frittata (4)

Whisk 8 eggs in a large bowl.

Stir in sautéed leeks & mushrooms, feta crumbles and season with ½ tsp fresh ground black pepper.

Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.

Bake at 325 F for 40-50 minutes or until no longer jiggle. Allow to cool. [*] (4)



Pudding (8)

Place the following in a food processor or blender:

- 2 cans pumpkin puree
- 11oz (~1c) full fat coconut milk
- ½ c maple syrup
- 1 tsp pumpkin pie spice
- Blend until smooth. [*] (8)

Marinade (turkey) (3)

Place the following in a blender:

- ½c olive oil
- zest of 1 orange
- juice of 3 oranges
- large handful fresh basil
- ¼c salt
- chopped garlic cloves

Blend until combined and mostly smooth.

Add turkey to marinade and refrigerate. Marinade for 4 hours up to 48 hours. [*] (3)



Salad (5)

Layer in container as follows:

~1.5c spinach, loosely packed

¼c dried cherries

¼c chopped walnuts

2oz goat cheese crumbles,

Repeat layers. [*] (5)



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 3: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Orange-Basil Turkey Breast w/ Fingerling Potatoes & Brussels Sprouts (1)

1. Pre-heat oven to 450 F.
2. Remove turkey from marinade and place in baking pan. Put in oven at 450 for 5 minutes.
3. Lower temperature to 400 F and continue to roast for ~1-1.5 hours or until internal temperature of 165F.
4. Roast potatoes & Brussels Sprouts in a single layer for 30-35 min or until browned/ cooked through.

Day 2

Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup (2)

1. Re-heat soup on stovetop, on low, until bubbly/ heated through, stirring occasionally.
2. Heat a large saute pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side.
OR re-heat, covered, in oven, for 30-40 minutes or heated through.

Note: Leftover brisket freezes well or works great chopped & tossed into a breakfast hash.

Day 3

Pizza Soup (3)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Day 4

Leek & Mushroom Frittata & Blueberries (4)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ blueberries.

Salad

Spinach w/ Apples, Cherries, Walnuts & Goat Cheese (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving). Chop apples and add to salad.

Breakfast

Brown Rice Cake w/ Almond Butter & Banana (6)

1. Spread 1-2T almond butter on 1 brown rice cake and top w/ sliced banana. Option to sprinkle with cinnamon.

Snack

Celery + Almond Butter (7)

1 serving = celery sticks, spread w/ 1-2Tbsp almond butter.

Dessert

Pumpkin Pie Pudding (8)