



December Menu, Week 4: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Shrimp & Mushrooms Baked in Tomato Sauce w/ Lemon Rice
2. Meal 2: Orange Chicken & Broccoli w/ Coconut Rice
3. Meal 3: Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli
4. Meal 4: Turkey Taco Soup
5. Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese
6. Breakfast: Kale, Sausage & Feta Cheese Frittata
7. Snack: Tangelos & Almonds
8. Dessert: Kiwi & Pomegranate Parfait



Herbs

1 bulb garlic (1,2,4)
1 bunch basil (3)
1 bunch parsley (1)
1 knob ginger (2)



Meats

$\frac{3}{4}$ # ground turkey thigh (4)
 $1\frac{1}{2}$ # boneless, skinless
chicken thighs (2)
 $\frac{1}{2}$ # breakfast sausage (6)*



Dairy (optional)

2x 6-8oz feta cheese (3,6)
4-6oz goat cheese crumbles
(5)



Pantry

15oz black beans (4)
15oz red beans (4)
1 can chickpeas (3)
1 x 25.5oz tomato sauce (1)*
2c tomato puree (4)
6oz tomato paste (2)
4c low-sodium chicken broth
(4)*
 $\frac{1}{2}$ c full fat coconut milk (2)
8.5oz jar sundried tomatoes in
olive oil (3)
2c long grain brown rice (1,2)
12oz br rice penne pasta (3)
1T tamari (2)
4T honey (2)



Veggies

1 bunch kale (6)
2 corn cobs (4)
(OR 1c frozen corn)
1 bunch broccoli (2,3)
1 red bell pepper (4)
1 jalapeño (4)
8oz sliced mushrooms (1)
1 yellow onion (4,6)
5oz tub arugula (5)



Fish

1# shrimp (1)
(peeled, deveined, no tails)



Nuts & Dried Fruits

$\frac{1}{2}$ c dried cranberries (5)*
 $\frac{1}{2}$ c whole almonds (7)
 $\frac{1}{4}$ c sesame seeds (2)
 $\frac{1}{2}$ c sliced almonds (5)



Eggs

8 eggs (6) (omega-3)



Oils & Vinegars

$\sim\frac{1}{2}$ c olive oil
1T toasted sesame oil (2)
 $\frac{1}{2}$ c balsamic vinegar (5)
1tsp rice wine vinegar (2)



Spices

2T taco seasoning (4)*
Optional: 1-2T chili flakes (3)



Fruits

2 pears (5)
8 tangelos (7)
2 oranges (2)
1 lemon (1)
12 kiwi (8)
2 pomegranates (8)

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



December Menu, Week 4: Prep Day



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Pre-heat oven to 350 F. (6)



Rice: Place 4c water + 2c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid and cook 30-45 min. Set aside. (1,2)



Frittata: Separate kale stems from leaves, finely chop both (6). Finely chop 1 yellow onion, set aside 1/2 for soup, 1/2 for frittata. (4,6)

Soup: Finely chop 1 red bell pepper, 2 cloves garlic, 1 jalapeño (discard seeds) & cut corn from cob. (4)

Shrimp: Finely chop parsley (~2T chopped). Finely chop 3-4 cloves garlic. (1)

Broccoli: Chop broccoli into bite-sized pieces. Set aside 2-3c for orange chicken (2). Store remaining broccoli for pasta. [*] (3)

Orange Chicken: Grate ginger (~1T), chop 4-5 cloves garlic (~1T), zest 1 orange (~1 tsp) & juice 2 oranges (~ 1/2c). (2)

Sundried Tomatoes: Chop sundried tomatoes, reserving oil, store at room temp. [*] (3)

Kiwi & Pomegranate: Peel & cut each kiwi into 6-8 bite-sized pieces. Remove arils from pomegranate. Toss together. [*] (8)



Taco Soup (4)

In a large soup pot over med-high heat, add: 1tsp olive oil + chopped veggies (1/2 yellow onion + 1 bell pepper + 2 garlic cloves + 1 jalapeño).

Cook veggies for ~5 minutes, Add 3/4# ground turkey thigh + 2T taco seasoning, crumbling meat & cooking 10 more min.

Add 2c tomato puree + 4c broth, turn to low, cook 30min. Add 1 can black beans + 1 can red beans (both drained) + corn.

Cook 10min and cool.(4) [*]



Frittata: Place 1/2# breakfast sausage in large sauté pan over med-high heat, begin to brown, breaking apart meat w/ spatula.

Add chopped kale (stem & leaves) & onion. Cook for ~10 min or until veggies & sausage are cooked. Set aside to cool. (6)

Tomato Sauce, Shrimp (1)

In a lg sauté pan over med-high heat, add 1tsp olive oil + 8oz sliced mushrooms + 3-4 chopped garlic cloves, sauté for 10 min, cool.

Add 1 jar tomato sauce & chopped parsley. Place in glass dish, top w/ shrimp and S&P. [*] (1)



Frittata (6)

Whisk 8 eggs in a large bowl.

Stir in cooked sausage, kale & onions. Crumble in 6-8oz feta cheese and season with 1/2 tsp fresh ground black pepper.

Pour into an oiled pie pan.

Bake at 350 F for 30-40 minutes or until no longer jiggly. Allow to cool. [*] (6)



Orange Chicken (2)

In a large pot, heat 1 tsp olive oil, add in 1T grated ginger, 1T chopped garlic & 1 tsp orange zest. Sauté for 2-3 minutes.

Whisk into pot:

- 1/2c OJ
- 1T toasted sesame oil
- 1T tamari
- 6oz tomato paste,
- 4T honey
- 1tsp rice wine vinegar

Whisk above until well combined.

Add 1.5# boneless, skinless chicken thighs and cook on medium, covered, for 45min up to 1 hour, stirring occasionally. Add in chopped broccoli and cook another 10 min. Sprinkle w/ 1/4c sesame seeds. Cool. [*] (2)



Salad (5)

Layer in container as follows:

- 1/2 arugula
 - 1/4c dried cranberries
 - 1/4c sliced almonds
 - 2-3oz goat cheese crumbles,
- Repeat layers. [*] (5)

Lemon Rice (1)

Mix 1/2 the cooked rice w/ 1 tsp lemon zest & 1-2T fresh lemon juice. [*] (1)

Coconut Rice (2)

Mix remaining 1/2 cooked rice w/ ~1/2c coconut milk (~1/4c). [*] (2)



Balsamic Dressing: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (5)

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



December Menu, Week 4: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

Shrimp & Mushrooms Baked in Tomato Sauce w/ Lemon Rice (1)

1. Pre-heat oven to 450F. Bake shrimp in tomato sauce, covered, for 50-55 min. Remove cover, bake 5-10 min, until shrimp change from translucent to a white color. Allow to cool. If excess liquid, remove & discard (esp w/ previously frozen shrimp).
2. Re-heat lemon rice in 450F oven covered for ~1 hour, adding up to ¼c water if needed.

Day 2

Orange Chicken & Broccoli w/ Coconut Rice (2)

1. Pre-heat oven to 350 and re-heat both chicken & coconut rice, covered, for 40-50 minutes or warmed through.

Day 3

Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli (3)

1. Bring a large pot of water to a boil, add 12oz penne pasta & cook according to package instructions. Drain cooked pasta.
2. Finely chop fresh basil while pasta cooks.
3. Return pasta to pot, add: chopped sundried tomatoes (with 1-2T oil) + 1 can chickpeas, drained + broccoli + basil + 6 oz. feta crumbles.
4. Stir and heat over low until everything is combined and cheese just starts to melt. Option to season w/ red chili flakes.

Day 4

Turkey Taco Soup (4)

1. Re-heat on stovetop until bubbly/ heated through. Add additional water/ broth if needed.

Salad

Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese (5)

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

Breakfast

Kale, Sausage & Feta Cheese Frittata (6)

1. Re-heat each slice in toaster oven (3-5min) or microwave (30sec-1min) OR re-heat entire frittata in 350 F oven, ~15-20 min.

Snack

Tangelos & Almonds (7)

1. 1 serving = 1-2 tangelos + 1/8c whole almonds

Dessert

Kiwi & Pomegranate Parfait (8)