December Menu, Week 4 - PALEO: Grocery List

Paleo & Gluten Free Meal Plans

Serves 4

1. **Meal 1: Shrimp & Mushrooms Baked in Tomato Sauce**
2. **Meal 2: Orange Chicken & Broccoli w/ Cauliflower Rice**
3. **Meal 3: Lamb Chops w/ Chimichurri & Mashed Winter Squash**
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 parsley (1,3)
1 bunch cilantro (3)
1 knob ginger (2)

Veggies

1 bunch kale (6)
1 bunch broccoli (2)
1 cauliflower (2)
1 red bell pepper (4)
1 jalapeño (4)
8oz sliced mushrooms (1)
1 yellow onion (2,4)
5oz tub arugula (5)
2 red kuri squash (3)
(OR other winter squash like acorn or turban)

Fruits

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

Meats

¾# ground turkey thigh (4)
1.5# boneless, skinless chicken thighs (2)
4-8 lamb chops (3)
½# breakfast sausage (6)*

Fish

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

Eggs

8 eggs (6) (omega-3)

Dairy (optional)

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

Nuts & Dried Fruits

½c dried cranberries (5)*
½c whole almonds (7)
½c sliced almonds (5)
¼c sesame seeds (2)

Oils & Vinegars

~1¼c olive oil
1T toasted sesame oil (2)
½c balsamic vinegar (5)
1 tsp rice wine vinegar (2)*
1/3c red wine vinegar (3)
1T coconut oil (2)

Pantry

1 x 25.5oz tomato sauce (1)*
2c tomato puree (4)
6oz tomato paste (2)
4c low-sodium chicken broth (4)*
1T coconut aminos (2)
4T honey (2)

Spices

2T taco seasoning (4)*
1/2 tsp chili flakes (3)

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

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Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

December Menu, Week 4 - PALEO: **Prep Day**

Paleo & Gluten Free Meal Plans

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

Winter Squash: pierce both squash several times. Place in baking pan and bake 1-1.5 hours or until a knife inserts easily. (3)

Frittata: Separate kale stems from leaves, finely chop both. (6)
Yellow Onion: Finely chop 1 yellow onion, set aside ½ for soup & store ½ for cauliflower rice. [*] (2) (2,4)
Soup: Finely chop: 1 red bell pepper, 2 cloves garlic, & 1 jalapeño (discard seeds). (4)
Shrimp: Finely chop parsley for ~2T. Finely chop 3-4 cloves garlic. (1)
Broccoli: Chop 1 broccoli into bite-sized pieces. Set aside. (2)
Orange Chicken: Grate ginger (~1T), chop 4-5 cloves garlic (~1T), zest 1 orange (~1tsp) & juice 2 oranges (~ ½c). (2)
Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (2)
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 (½ yellow onion + 1 bell pepper + 2 garlic cloves + 1 jalapeño).
Cook veggies for ~5 minutes, Add ¾# ground turkey thigh + 2T taco seasoning, crumbling meat & cooking 10 more min.
Add 2c tomato puree + 4c broth, turn to low, cook 30min. (4) [*]

Frittata: Place ½# breakfast sausage in large sauté pan over med-high heat, begin to brown, breaking apart meat w/ spatula.
Add chopped kale (stem & leaves). Cook for ~10 min or until kale & sausage are cooked. Set aside to cool. (6)

Tomato Sauce, Shrimp (1)
In a large sauté pan over med-high heat, add 1t olive oil + sliced mushrooms + chopped garlic, sauté for 10 min, cool.
Add 1 jar tomato sauce, chopped parsley & 2oz crumbled feta. Place in glass dish, top w/ shrimp, remaining 2oz feta, S&P. [*] (1)

Frittata (6)
Whisk 8 eggs in a large bowl.
Stir in cooked sausage & kale. Crumble in 6-8oz feta cheese and season with ½tsp 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)

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Orange Chicken (2)
In a large pot, heat 1tsp olive oil, add in 1T grated ginger, 1T chopped garlic & 1tsp orange zest. Sauté for 2-3 minutes.
Whisk into pot:
- ½c OJ
- 1T toasted sesame oil
- 1T coconut aminos
- 6oz tomato paste
- 4T honey
- 1tsp rice 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/ ¼c sesame seeds. Cool. [*] (2)

Cauliflower Rice (2)
Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice-like texture.
Be careful not to go to far or it will be mushy. [*] (2)

Chimichuri (3)
½c olive oil
2 cloves garlic, or 1 large
1c parsley
1c cilantro
1/3c red wine vinegar
½ tsp crushed red pepper
½tsp salt
Blend until just combined. [*] (3)

Salad (5)
Layer in container as follows:
½ arugula
¼c dried cranberries
¼c sliced almonds
2-3oz goat cheese crumbles,
Repeat layers. [*] (5)

Winter Squash: allow to cool (may be best to refrigerate for ~30min). Cut in half, scoop out/ discard seeds.
Scoop out cooked flesh of squash and mash with a fork. Season to taste w/ S&P. [*] (3)

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

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December Menu, Week 4 - PALEO: Dish Day

Paleo & Gluten Free Meal Plans

Day 1

Shrimp & Mushrooms Baked in Tomato Sauce (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).

Day 2

Orange Chicken & Broccoli w/ Cauliflower Rice (2)

1.Heat 1 T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. Pre-heat oven to 350 re-heat chicken for 40-50 minutes or warmed through.

Day 3

Lamb Chops w/ Chimichurri & Mashed Winter Squash (3)

1. Pre-heat oven to 400 F & grill to med-high. Set chimichurri out, allowing to come to room temp.
2. Place mashed squash in oven, covered, re-heat for 40-50 min or heated through (OR heat on stovetop; beware of burning).
3. S&P lamb chops and grill 3-4 min/ side (can also do on stovetop). Serve chops w/ chimichurri.

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)

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