



# January Menu, Week 1: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash
2. Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup
3. Meal 3: Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa
4. Meal 4: Potato & Bacon Soup
5. Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber, & Walnuts
6. Breakfast: "Good Luck" Scramble
7. Snack: Popcorn Baggies w/ Coconut Chips
8. Dessert: Boozy Puerto Rican Rum Balls



## Veggies

1 bulb garlic (1,2,3,4,6)  
~4" knob of ginger (1,2)  
1 bunch parsley (3,6)  
8oz button mushrooms (1)  
1 cucumber (5)  
1 carrot (4)  
2 avocado (5)  
2 acorn squash (1)  
2 yellow onion (2,4)  
2-3 sweet potato (~2#) (2)  
4 red potatoes (4)  
1 bunch collard greens (6)  
(OR pre-chopped collards)  
5oz tub mixed greens (5)



## Meats

8 chicken drumsticks (2)  
(skin-on)  
1-1.5# ground lamb (3)  
(OR sub ground beef or bison)  
1 pkg thin-sliced bacon (~1#)  
(4,6)\*



## Fish

4 salmon filets, 4-6 oz each (1)



## Nuts & Dried Fruits

1/2c chopped walnuts (5)



## Oils & Vinegars

~1 1/2c olive oil  
~1/4c balsamic vinegar (5)  
1/4c coconut oil, melted (8)



## Pantry

4T tamari (1)\*  
2qt vegetable broth (2,4)\*  
1 can black-eyed peas (3,6)\*  
1c uncooked quinoa (3)  
1/2c tahini (3)  
1 bag air-popped popcorn (7)  
1 bag coconut chips (7)\*  
1/4c maple syrup (8)  
1T honey (1)  
(OR sub maple syrup)  
1c shredded coconut (8)  
(unsweetened)  
1/4c cocoa powder (8)  
1 1/2c almond flour (8)  
baggies, optional (7)  
1/4c dark rum (8)



## Fruits

2 lemons (1,3)  
1 pear (2)  
1/2c pomegranate arils (5)  
(OR 1 pomegranate)



## Eggs

8 eggs (omega-3) (6)



## Spices

1tsp cumin (3)  
2tsp coriander (3)

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



# January Menu, Week 1: Prep Day



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**Quinoa:** Place 1c quinoa & 2c water in a pot, cook over low for ~20 min. Set aside. (3)



**Cucumber:** Finely dice 1 cucumber to equal 1c, set aside for salad. Chop remaining for snacking. [\*] (5)

**Mushrooms & Squash:** Cut 8oz button mushrooms in half. Half 2 acorn squash, remove seeds, cut into 1/2" crescents. Toss w/ ~3T olive oil & S&P. Store together to save space. [\*] (1)

**Pear Soup:** Peel & roughly chop 2-3 sweet potatoes, 1 yellow onion & 1 clove garlic. Peel & chop 1 pear & ginger, for ~2tsp. (2)

**Potato Soup:** Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. Dice 4 red potatoes, set aside. (4)

**Parsley:** Finely dice parsley. Set aside ~1T for lamb (3). Toss ~1/4c parsley + 1/2 can drained black-eyed peas w/ cooked quinoa. [\*] (3)  
Note: save remaining peas for scramble (6).

**Scramble:** Separate stems from leaves from 1 bunch collards. Finely chop both. Finely dice 2 cloves garlic. (6)

**Bacon:** Finely chop 1 package bacon and set aside 1/2 for soup and 1/2 for scramble. (4,6)



## Potato Soup (4)

In a large stock pan over high heat, sauté 1/2 pkg chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic), 4-5 minutes. Add 4 cut potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. [\*] (4)

## Pear Soup (2)

In large soup pot, heat 1tsp olive oil & sauté 1 roughly chopped yellow onion for 3-4 minutes or until a slight change in color.

Add 2-3 peeled & chopped sweet potatoes, 1 clove garlic & 3c broth. Cover, turn heat to med, cook 30 min, set aside to cool. (2)



**Scramble:** In a lg saute pan over med-high heat, add 1/2 pkg chopped bacon, cook 4-5 min. Add 1 bunch finely chopped collards + 2 cloves chopped garlic. Cook for 8-10 min, stirring often. Add 1/2 can drained black-eyed peas + 1/2c water. Cover and simmer until greens wilt and are tender, ~10-15 mins. Add water as needed during cook time. Stir, season w/ S&P & cool. [\*] (6)

Option: add 8 eggs and cook/ scramble or wait and add eggs on Dish Day.



## Tahini Sauce (3)

Place the following in a food processor or blender:

1/2c tahini (stirred) + 3T lemon juice + 1-2 cloves garlic (smashed, skin removed) + 1/2c water + 1T olive oil + 1/4tsp salt (or to taste)

Blend on high until smooth. [\*] (3)

## Pear Soup (2)

Place the following in a blender:

Cooked sweet potato, onion & garlic + 1 peeled/chopped pear + 2tsp fresh ginger (peeled & rough chopped, optional) + 1/4 tsp salt.

Blend until smooth, adding water/ broth as needed for desired consistency. Season to taste as needed. [\*] (2)



### **Popcorn Baggies (7)**

Combine 1 bag air-popped popcorn + 1 bag coconut chips. Divide into individual baggies or store in air tight container. [\*] (7)

### **Boozy Rum Balls (8) \*\*Note: to make these kid-friendly, omit rum and increase maple syrup to 1/2c**

Whisk together:

1/4c dark rum + 1/4c maple syrup + 1/4c coconut oil, melted

Then stir in the following until well combined:

1c unsweetened shredded coconut

1/4c cocoa powder

1 1/2c almond flour

1/8tsp salt

Note- Add additional almond flour, 1T at a time, if needed for a thicker consistency.

Roll into 1T balls. Store in refrigerator for up to 1 week. Yields ~20. [\*] (8)

Option: roll rum balls in coconut, cocoa powder, chopped nuts and/or cinnamon or dip in melted chocolate

**Salmon Marinade:** Combine: 1T grated ginger + 2 garlic cloves + 4T tamari + 1T honey (or maple syrup) + 4T olive oil + 1T lemon juice [\*] (1)

**Lamb Kofta:** Mix 1-1.5# lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P. Form into 4-8 patties. [\*] (3)

### **Salad (5)**

Layer in salad tub as follows:

1/2 mixed greens, ~2.5oz

1/2c cucumber

1/4c pomegranate arils

1/4c chopped walnuts

Repeat layers. [\*] (5)



**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

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# January Menu, Week 1: Dish Day



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Meal Plans

## Day 1

### Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash (1)

1. Pre-heat oven to 425. Marinate salmon fillets for 30 minutes (or while oven pre-heats).
2. Place squash and mushrooms on baking pan. Roast for 20-30 minutes, tossing halfway through cook time.
3. Place salmon in baking pan. Bake for 15-18 minutes, or until just cooked/flaky.

## Day 2

### Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup (2)

1. Pre-heat oven to 425 F.
2. Pat drumsticks dry w/ a paper towel. Season w/ fresh ground pepper & salt. Place in single layer on baking sheet.
3. Bake drumsticks for 35-40 min or cooked to 165 F.
4. Heat soup on stove top over medium, stirring occasionally, until heated through.

## Day 3

### Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa (3)

1. Re-heat quinoa in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Cook kofta in large sauté pan over med-high heat for 4-5min/ side (or grill).

## Day 4

### Potato & Bacon Soup (4)

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

## Salad

### Mixed Greens w/ Pomegranate, Avocado, Cucumber & Walnuts (5)

1. Let vinaigrette come to room temp and shake well.
2. Chop ½ avocado per serving and add to salad.
3. Toss dressing into salad (or add 1T/ serving).

## Breakfast

### "Good Luck" Scramble (6)

1. Re-heat collard mixture in large sauté pan over med-high heat, 6-8 min or heated through.
2. Scramble in 8 eggs or serve scrambled eggs on the side.

## Snack

### Popcorn Baggies w/ Coconut Chips (7)

## Dessert

### Boozy Puerto Rican Rum Balls (8)