



January Menu, Week 1 - PALEO: 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 2: Lamb Kofta w/ Tahini Sauce & Parsley Cauliflower Rice
4. Meal 4: "Good Luck" Soup
5. Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber & Walnuts
6. Breakfast: Mixed Berry Green Smoothie
7. Snack: Golden Tumeric Milk
8. Dessert: Boozy Puerto Rican Rum Balls



Veggies

1 bulb garlic (1,2,3,4)
4" knob of ginger (1,2)
1 bunch parsley (3)
8oz button mushrooms (1)
2 yellow onion (2,3,4)
1 large red potato (4)
(OR sub 1 sweet potato)
~2# sweet potato (2)
(3 medium)
2 acorn squash (1)
1 head cauliflower (3)
1 cucumber (5)
2 avocado (5)
1 bunch collards (4)
5oz baby spinach (6)
5oz tub mixed greens (5)



Meats

8 chicken drumsticks (2)
(skin on)
1-1.5# ground lamb (3)
(OR sub ground beef or bison)
2 slices thick cut peppered
bacon (4)
1/2# ground bison (4)



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 coconut aminos (1)
~7c chicken broth (2,4)*
1/2c tahini (3)
1 can black-eyed peas,
optional since not Paleo (4)
32oz (1qt) almond milk (7)*
(OR milk of choice)
2T honey (1,7)
(OR sub maple syrup)
1/4c maple syrup (8)
1c shredded coconut (8)
(unsweetened)
1/4c cocoa powder (8)
1 1/2c almond flour (8)
1/4c dark rum (8)



Fruits

2 lemons (1,3)
1 pear (2)
2 large bananas (6)
1/2c pomegranate arils (5)
(OR 1 pomegranate)



Frozen

8oz bag frozen mixed berries
(or mixed fruit of choice) (6)



Spices

1tsp cumin (3)
2tsp coriander (3)
1/8tsp cayenne (4)
1/4c turmeric (7)
2T cinnamon (7)
1T ground ginger (7)
1/8 tsp nutmeg (7)

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



January Menu, Week 1 - Paleo: Prep Day



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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 both acorn squash, remove seeds, cut into 1/2" crescents. Toss both 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)

Parsley: Finely dice fresh parsley. Set aside ~1T for lamb (3) & store 2T for cauli rice. [*] (3)

Cauliflower: Remove core, leaves, & any dark spots. Make sure cauli is completely dry, coarse chop and set aside. (3)

"Good Luck" Soup: Finely chop 2 slices of bacon, 1 yellow onion (store 1/2 for cauli rice, 3), 2 cloves garlic, 1 red potato. Chop collard stems separately from collard leaves. (4)

Note: if you have extra bacon, cook, crumble and add to salad.



"Good Luck" Soup (4)

In a lg soup pot, sauté 2 slices chopped bacon + 1/2# ground bison + chopped 1/2 onion + 2 garlic cloves + collard stems & leaves for 3-4 minutes. Add 1 chopped red potato (or sweet potato) + 1 can black-eye peas (optional) + 4 cups chicken broth + 2c water + 1/8tsp cayenne. Bring to a boil, lower to simmer and cook for 30 minutes. Season to taste with S&P. Allow to cool. [*] (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 medium, cook 30 min, set aside to cool for 10 min. before pureeing. (2)



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 together. [*] (3)

Cauliflower Rice (3)

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 too far or it will be mushy. [*] (3)

Pear Soup (2)

Place the following in a blender:

- cooked sweet potato, onion & garlic

- 1 peeled/chopped pear

- 2 tsp fresh ginger, peeled & roughly chopped (optional)

- 1/4 tsp salt

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



Golden Milk Spice Mix: Combine: $\frac{1}{4}$ c turmeric + 2T cinnamon + 1T ground ginger + $\frac{1}{2}$ tsp salt & pepper + $\frac{1}{8}$ tsp nutmeg [*] (7)

Boozy Rum Balls (8) **Note: to make these kid-friendly, omit rum and increase maple syrup to $\frac{1}{2}$ c.

Whisk together:

$\frac{1}{4}$ c dark rum + $\frac{1}{4}$ c maple syrup + $\frac{1}{4}$ c coconut oil, melted

Then stir in the following until well combined:

1c unsweetened shredded coconut

$\frac{1}{4}$ c cocoa powder

$1\frac{1}{2}$ c almond flour

$\frac{1}{8}$ tsp 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 coconut aminos + 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:

$\frac{1}{2}$ mixed greens, ~2.5oz

$\frac{1}{2}$ c cucumber

$\frac{1}{4}$ c pomegranate airts

$\frac{1}{4}$ c chopped walnuts

Repeat layers. [*] (5)



Balsamic Dressing: Whisk together: $\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c 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 - Paleo: Dish Day



Paleo & Gluten Free
Meal Plans

Day 1

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

1. Pre-heat oven to 425. Marinate salmon filets for 30 minutes (or while oven pre-heats).
2. Place squash and mushrooms on baking pan. Roast for 20-30 minutes, tossing halfway through cooktime.
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 stovetop over medium, stirring occasionally, until heated through.

Day 3

Lamb Kofta w/ Tahini Sauce & Parsley Cauliflower Rice (3)

1. Heat 1T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
2. Cover & cook ~ 5 min stirring frequently until cauliflower is crisp on outside & tender on inside. Season w/ S&P & 2T chpd parsley.
3. Cook kofta in large sauté pan over med-high heat for 4-5min/ side (or grill). Serve with Tahini Sauce.

Day 4

"Good Luck" Soup (4)

1. Re-heat on stovetop, 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

Breakfast: Mixed Berry Green Smoothie (6)

1. Place 2c water (or OJ, milk, etc) + 8oz frozen mixed berries in a large blender. Blend on high until smooth.
 2. Add 2 bananas & 2 large handfuls spinach, blend on high until smooth. Add more liquid as needed for desired consistency.
- Note: depending on blender size, may need to blend above in multiple batches. Serves ~4.

Snack

Golden Tumeric Milk (7)

1. In small saucepan, combine 2c almond milk (or milk of choice) + 2tsp spice mix + 1-2tsp honey or maple syrup as desired.
2. Whisk until smooth and heat for 4-5 min on med-high or heated and before it begins to boil.

Note: This yields 2 servings, you can increase/ decrease as needed. You can also use spice mix on baked sweet potatoes!

Dessert

Boozy Puerto Rican Rum Balls (8)