



January Menu, Week 2: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Swordfish Puttanesca over Gluten Free Pasta
2. Meal 2: Goat Cheese, Tomato, & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes
3. Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce
4. Meal 4: Chipotle 3-Bean Veggie Chili
5. Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts
6. Breakfast: Strawberry Jam w/ Rice Cakes
7. Snack: Bananas w/ Spiced Peanut Butter
8. Dessert: Chocolate Mousse



Veggies

1 bulb garlic (3,4)
1 bunch Italian parsley (1,2)
4 large beets (5)
(2 red, 2 golden if available)
3 large, ripe avocados (8)
1 small fennel bulb (5)
5oz bag spinach (2)
1 ea. red, yellow & green bell peppers (4)
16oz sliced mushrooms (3)
2 large sweet potatoes (2)
1 large yellow onion (3,4)
1-2 spaghetti squash (~4#) (3)
5oz mixed salad greens (5)



Meats

1# grass-fed, organic ground beef, 95% (3)
1# thin-cut chicken breasts (2)
(OR sub boneless, skinless breasts)



Fish

4 swordfish fillets, 5-7oz ea (1)
(OR sub white fish like cod)



Dairy (optional)

6oz soft goat cheese (2,5)
~4 oz. parmesan cheese (3)
~4 oz. jack cheese (4)



Nuts & Dried Fruits

1/2c walnuts (5)
1c medjool dates (8)
(OR sub maple syrup or honey)
3T chia seeds (6)



Spices

1/2tsp red chili flakes, optional (1)
2T chili powder (4)*
3T herbs de provence (2)
(OR Italian herb blend)
1T pumpkin pie spice (7)*
1 dried chipotle pepper (4)



Pantry

2x 25oz marinara sauce (1,3)*
1/4c sundried tomatoes (2)
(packed in olive oil)
28oz fire roasted tomatoes (4)
1 box gluten-free pasta (1)
15oz can black bean (4)
15oz can kidney bean (4)
15oz can pinto bean (4)
1/2c sliced green olives (1)
1T capers, optional (1)
1 can anchovies, optional (1)
1/2c cocoa powder (8)
1/2c coconut milk (8)
(OR almond, soy, dairy, rice)
1 package GF rice cakes (6)
(OR sub GF bread)
3T maple syrup (6)
~2T vanilla, optional (6,8)
1/2c peanut butter (7)*
(OR nut/seed butter of choice)



Fruits

1 lemon (1)
4 bananas (7)



Frozen

4c frozen strawberries (6)



Oils & Vinegars

~1c olive oil
~1/3c balsamic vinegar (5)

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



January Menu, Week 2: Prep Day



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Pre-heat oven to 375 F. (3,4,5)



Spaghetti Squash: Pierce the spaghetti squash with a knife and roast whole for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Take halved spaghetti squash (already cooked & cooled) and remove seeds. Then scoop out squash. [*] (3)

Beets (5)

Peel 4 beets and dice into 1/2" cubes. Toss w/ 1-2T olive oil +S&P. Roast for 40-45min at 375 F, toss 1/2 way through cooking. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



Spinach: Place 5oz spinach in a steamer filled with ~3c hot water. Steam for 4-5 minutes or wilted. Cool. (2)

Chipotle: Place dried chipotle pepper in hot steam water from above (or in ~3 cups hot water) and allow to re-hydrate. (4)



Onion: Dice 1 yellow onion, set aside 1/2 for marinara sauce & 1/2 for chili (3,4)

Bell Pepper: Finely dice all 3 bell peppers (4)

Garlic: Finely chop 5-8 cloves garlic for a total of 2T, 1T for chili & 1T for tomato sauce. (3,4)



Chili (4): In a large stock pan, sauté 3 bell peppers, diced 1/2 onion & 1T garlic in 1 tsp olive oil for 10 minutes.

Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat). Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chipotle to sautéed veggies.

Add 28oz fire roasted diced tomatoes, 2T chili powder and 3 cans of drained beans. Bring to a boil then lower to medium-low heat, stirring occasionally and adding water or stock as needed. Continue to cook for 30m-1 hour. Season w/additional chili powder, S&P as needed. Remove from heat, cool. [*] Option: the chili yields 8 servings, freeze 1/2 to use at a later date. (4)



Marinara Sauce: In a lg sauté pan, add 1# beef, 1T garlic, diced 1/2 onion, 16oz sliced mushrooms, sauté 15 min, breaking apart meat. Add 25oz marinara sauce and S&P to taste. Stir, remove from heat & cool [*] (3)

Strawberry Chia Jam: In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.

Mash strawberries with a fork, then add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional). Stir, cover and cook 2 more mins. Put jam in fridge to cool for at least 30 minutes before using. [*] (6)



Parsley: Finely chop leaves from parsley (discard stems). Reserve 2T for sweet potatoes (2) and 2-3T for puttanesca (1). (1,2)

Salad: Remove top of fennel, leave only white bulb, thinly slice (works well on a mandolin). Roughly chop 1/2c walnuts. Set aside. (5)

Sweet Potato: Cut 2 sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T herbs de provence, 2T chopped parsley, and S&P. [*] (2)

Spinach: Squeeze excess water from steamed spinach (cooked spinach should be ~1/4c in size). (2)

Chicken: Roughly chop 1/4c steamed spinach & 1/4c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese, set aside. (2)



Stuffed Chicken: If needed, place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of large cutting board. Pound chicken using a mallet until thin. Spread each breast w/ ~2T tomato, spinach, goat cheese filling and roll tightly. [*] (2)

Puttanesca Sauce (1)

Combine 25oz marinara sauce + 1/2c sliced green olives (drained) + 1T capers (drained) + 1 can anchovies (drained) + 1/2tsp red chili flakes + 2-3T roughly chopped parsley + 2tsp lemon juice. [*] (1)

Note: capers, anchovies, and red chili flakes are optional

Spiced Nut Butter: Combine 1/2c peanut butter with 1T pumpkin pie spice. Stir until combined. [*] (7)

Salad (5)

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c to 1/2c thinly sliced fennel
- 1/4c chopped walnuts
- 1/2 roasted beets
- 2oz crumbled goat cheese

Repeat layers. [*] (5)



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



Chocolate Mousse (8)

In a blender add:

1/2c coconut milk (or milk of choice)

1T vanilla

3 large, ripe avocados

1/2c cocoa

1c medjool dates, pits removed

Puree on low, gradually increasing speed, blend all until smooth. Add more milk if needed for smooth consistency. [*] (8)

Note: If preferred, you may use maple syrup as needed to increase sweetness.

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



January Menu, Week 2: Dish Day



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Meal Plans

Day 1

Swordfish Puttanesca over Gluten Free Pasta (1)

- 1) Bring water to boil for pasta & cook pasta according to package instructions.
- 2) Add puttanesca sauce from Prep Day into large saute pan. Cook 10 min on med-high heat. Stir occasionally.
- 3) Add fish to the puttanesca sauce, cover, cook another 8-10 min or fish is cooked/ flaky. Serve over GF pasta.

Day 2

Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Sweet Potatoes (2)

1. Pre-heat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, tossing halfway through cooking.
3. Place chicken in an oiled baking pan, bake for 30-35min or until cooked through & no longer pink (internal temp: 165 F).

Day 3

Spaghetti Squash w/ Beef & Mushroom Marinara Sauce (3)

1. Pre-heat oven to 350 F.
2. Place spaghetti squash and tomato sauce in oven-safe containers and re-heat in oven for 50-60min, stirring halfway through.
3. To serve, top spaghetti squash w/ marinara sauce. Option to grate parmesan over the top.

Day 4

Chipotle 3-Bean Veggie Chili (4)

1. In large pot on stove top, re-heat chili over med-high until bubbly, then turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency. Option to serve topped w/ jack cheese.
- Option: serve with Corn Muffins (<http://prepdish.com/gluten-free-corn-muffins/>). Be sure to add needed items to your grocery list.

Salad

Salad w/ Beets, Shaved Fennel, Goat Cheese & Walnuts w/ Balsamic Vinaigrette (5)

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

Breakfast

Strawberry Jam w/ Rice Cakes (6)

1. Serving = 1-2T jam per rice cake (or sub gluten-free toast).

Snack

Bananas w/ Spiced Peanut Butter (7)

1. Serve each banana w/ 1-2T peanut butter

Dessert

Chocolate Mousse (8)