



# January Menu, Week 2 - PALEO: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Swordfish Puttanesca w/ Mashed Cauliflower
2. Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes
3. Meal 3: Meatza
4. Meal 4: Chipotle Bison & Veggie Chili
5. Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts
6. Breakfast: Strawberry Jam w/ Paleo Pancakes
7. Snack: Bananas w/ Spiced Almond Butter
8. Dessert: Chocolate Mousse



## Veggies

1 bulb garlic (4)  
1 bunch Italian parsley (1)  
1 head cauliflower (1)  
4 large beets (5)  
(2 red, 2 golden if available)  
3 large, ripe avocados (8)  
1 small fennel bulb (5)  
1 ea red, yellow & green bell pepper (4)  
2 large sweet potatoes (2)  
1 large red onion (3,4)  
5oz mixed salad greens (5)  
5oz bag spinach (2,3)



## Meats

1# ground bison (4)  
1½# raw pork sausage (3)\*  
(Note: need raw, ground sausage. Italian flavored okay.)  
1# thin-cut chicken breasts (2)  
(OR sub boneless, skinless breasts)



## Dairy (optional)

6oz soft goat cheese (2,5)  
~1c shredded Mozzarella (3)  
~4oz Jack cheese (4)



## Pantry

25oz marinara sauce (1,3)\*  
28oz fire roasted tomatoes (4)  
¼c sundried tomatoes (2)  
(packed in olive oil)  
½c sliced green olives (1)  
½c kalamata olives (3)  
1T capers, optional (1)  
1 can anchovies, optional (1)  
½c cocoa powder (8)  
½c coconut milk (8)  
(OR almond, soy, dairy, rice)  
3T maple syrup (6)  
2T vanilla, optional (6,8)  
½c almond butter (7)\*  
(OR nut/seed butter of choice)  
3T coconut flour (6)  
½tsp baking soda (6)



## Fish

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



## Nuts & Dried Fruits

½c walnuts (5)  
1c medjool dates (8)  
(OR sub maple syrup or honey)  
3T chia seeds (6)



## Fruits

8 bananas (6,7)  
1 lemon (1)



## Eggs

6 eggs, omega 3 (6)



## Oils & Vinegars

~1c olive oil  
~½c balsamic vinegar (5)



## Spices

2T chili powder (4)\*  
3T herbs de provence (2)  
(or Italian herb blend)  
1T pumpkin pie spice (7)\*  
½tsp cinnamon (6)  
½tsp red chili flakes,  
optional (1)  
1 dried chipotle pepper (4)



## Frozen

4c frozen strawberries (6)

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



## January Menu, Week 2 - Paleo: Prep Day



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**Pre-heat oven to 400 F. (3,5)**



**Meatza:** Spread 1.5# raw, ground pork sausage into a 9x13" baking pan as if making a pizza crust. Go up edges as meat will shrink. Bake at 400 F for 15 minutes. Cool. (3)

**Beets:** Peel 4 beets and dice into 1/2" cubes. Toss + 1-2T olive oil +S&P. Roast for ~35 min at 400 F, tossing halfway through cooktime. When a knife easily slides through the beets, remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



**Red Onion:** Thinly slice 1/2 of red onion for meatza. Set aside. (3). Finely dice remaining 1/2 for chili. (4)

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

**Garlic:** Finely chop 2-3 cloves garlic for a total of 1T for chili. (4)

**Cauliflower:** roughly chop 1 cauliflower and place in a large steamer or soup pot. (1)



**Cauliflower:** Boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Set aside to cool. (1)

**Spinach:** Set aside 2 handfulls baby spinach for meatza. (3) Place remaining spinach in a steamer pot filled with ~3c hot water and steam for 4-5 minutes or until wilted. Cool. (2)

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



**Chili (4):** In a large pot, sauté 1# ground bison for 5 min. Add 3 diced bell peppers, diced 1/2 onion & 1T garlic in 1tsp oil for 10 min. 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 and 2T chili powder. Bring to a boil then lower to low-medium 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. [\*] (4)



**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, add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional). Stir, cover and cook 2 more minutes.

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 cauliflower and 2-3T for puttanesca. (1)

**Salad:** Remove top of fennel and thinly slice white bulb only (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, 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:** Set aside 1/2c marinara sauce for Meatza (3). Combine remaining marinara w/ 1/2c sliced green olives, drained + 1T capers, drained + 1 can anchovies, drained + 1/2tsp red chili flakes + 2-3T chopped parsley + 2tsp lemon juice. [\*] (1)

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

**Meatza:** Top cooled sausage "crust" with 1/2c marinara sauce + 1/2 of red onion (thinly sliced) + 2 handfuls baby spinach + 1/3c kalamata olive slices. Sprinkle ~1c mozzarella cheese on top. Cover with foil. [\*] (3)

**Spiced Nut Butter:** Combine 1/2c almond 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)



#### Banana Pancakes (6)

Blend until smooth: 4 bananas + 6 eggs + 1/2tsp baking soda + 3T coconut flour + 1tsp vanilla (optional) + 1/2tsp cinnamon.

Cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side. [\*] (6)

Option: keep batter in fridge & make "fresh" pancakes at breakfast.

#### Chocolate Mousse (8)

In a blender add: 1/2c coconut milk (or milk of choice) + 1T vanilla + 3 avocados + 1/2c cocoa + 1c pitted dates.

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

Note: If preferred, you may add maple syrup as needed for additional sweetness.

**Cauliflower:** place cooked cauliflower in a food processor/blender without liquid, add 1/4c water (or stock), blend until just smooth. Season w/ S&P and top with 2T chopped parsley. [\*] (1)

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



# January Menu, Week 2 - Paleo: Dish Day



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Meal Plans

## Day 1

### Swordfish Puttanesca w/ Mashed Cauliflower (1)

- 1) Reheat cauliflower in a large pan over med heat until warmed through, stirring often.
- 2) Add puttanesca sauce from Prep Day into large saute pan. Cook 10 min on stovetop over med-high heat. Stirring occasionally.
- 3) Add fish to the pan, cover, cook another 8-10 min or fish is cooked/ flaky.

## 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: 165F).

## Day 3

### Meatza (3)

1. Pre-heat oven to 400 F.
2. Remove foil from Meatza and bake for ~15 mins or until heated through.

## Day 4

### Chiptole Bison & Veggie Chili (4)

1. Place chili in large pot on stovetop, re-heat 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 with jack cheese.

## 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 with Paleo Pancakes (6)

1. If using batter, pre-heat pancake griddle or sauté pan on med heat, 2-3 min/ side.
2. OR to re-heat pre-made pancakes, heat in a sauté pan for 1-2 min/ side.
3. Top with Strawberry Jam.

## Snack

### Bananas w/ Spiced Almond Butter (7)

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

## Dessert

### Chocolate Mousse (8)