



February Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies
2. Meal 2: Cauliflower & Apple Soup
3. Meal 3: Curried Slow Cooker Short Ribs w/ Mashed Sweet Potato
4. Meal 4: Turkey Taco Soup
5. Salad: Classic Side Salad
6. Breakfast: Pear Muffins
7. Snack: Tangelos & Brazil Nuts
8. Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts



Herbs

1 garlic bulb (2,4)



Fruits

1 granny smith apple (2)
4 pears, soft (6)
4 tangelos (7)



Dairy (optional)

Greek yogurt and/or shredded cheese for soup garnish (4)



Pantry

2c tomato puree (4)
8c chicken broth (2,4)*
1/3c maple syrup (6)
~1/2c honey (5,8)
1.5tsp baking soda (6)
1.5tsp baking powder (6)
~1.5T vanilla extract (6,8)
muffin liners (6)
3T red curry paste (3)
1 can lite coconut milk (3)
1/4c coconut aminos (3)
4 cans full fat coconut milk (2,8)



Veggies

2-4 avocados, optional (4,5)
2 carrots (1)
2 parsnips (1)
1 bulb fennel (1)
1 head cauliflower (2)
2 lg sweet potatoes, ~2# (3)
1 sm cucumber (5)
1 pint cherry tomatoes (5)
1 jalapeño (4)
2 bell peppers (4)
(red or yellow preferred)
4 yellow onions (2,3,4)
5oz mixed greens (5)



Meats

4 chicken leg quarters (1)
(OR chicken breasts)
1# ground turkey breast (4)
2# beef short ribs (3)



Nuts & Dry Fruit

1/2c walnuts, optional (8)
1c Brazil nuts (7)
3.5c almonds (6)
(OR 3c almond flour)



Eggs

4 eggs (omega-3) (6)



Oils & Vinegars

1c olive oil
1/4c red wine vinegar (5)
1T apple cider vinegar (3)



Spices

1T pumpkin pie spice (6)
2T Italian seasoning (1,5)*
2T taco seasoning (4)*
2T smoked paprika (1)
2tsp cinnamon (8)
2T curry powder (2)

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



February Menu, Week 3 - PALEO: Prep Day

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



Sweet Potatoes: Bake 2 sweet potatoes in the oven for ~1 - 1.5 hrs or until knife inserts easily. Remove from oven & cool. (3)



Tangelos: option to quarter into wedges and store in baggies for snack. (7)

Salad: chop 1 cucumber into bite-sized pieces. Halve 1 pint cherry tomatoes. Set both aside. (5)

Taco Soup: finely chop 1 yellow onion, 2 bell peppers, 2 cloves garlic & 1 jalapeño (discard seeds). (4)

Root Veggies: slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard green fronds. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1)

Pears: finely dice 2 pears, set aside; roughly chop 2 pears (these 2 will be pureed), set aside. (6)

Cauliflower Soup: Roughly chop 1 cauliflower, 1 granny smith apple, 1 yellow onion & 3 cloves garlic, set aside. (2)

Short Ribs: Roughly chop 2 yellow onions. [*] (3)



Pear Spice Muffins (6)

In blender or food processor, blend 3.5c almonds until they resemble a fine powder, but before forming a paste (or use 3c purchased almond flour).

Stir together in large bowl:

- 3 cups almond flour
- 1.5tsp baking soda
- 1.5tsp baking powder
- 1T pumpkin pie spice

In blender, puree together:

- 4 eggs
- 1/3c maple syrup (or brown sugar)
- 1t vanilla extract
- 2 pears, roughly chopped

Add wet ingredients to dry and stir in 2 diced pears.

Place in muffin tin w/ muffin liners and bake at 350 F for 32-38 minutes or until tops spring back when pressed.

Yields 20-22 muffins. (6) [*]



Taco Soup (4)

In lg soup pot over med-high heat, add: 1tsp olive oil + chpd veggies (1 onion + 2 bell peppers + 2 garlic cloves + 1 jalapeño). Cook veggies for ~5 minutes, Add 1# ground turkey breast + 2T taco seasoning, crumbling meat & cooking 10 more min. Add 2c tomato puree + 4c broth, turn to low, cook 30min. [*] (4)

Cauliflower Soup (2)

Heat 2tsp olive oil over med-high add chopped veg (1 cauliflower, 1 granny smith apple, 1 yellow onion, 3 garlic cloves) + 2T curry powder, sauté for 5-6 minutes. Add 4c chicken broth & simmer for 30 min, adding more broth as needed to just cover veggies. Remove from heat & allow to cool. Place cooked veg w/ liquid + 1 can full fat coconut milk in a blender. Puree until smooth. Season to taste w/ S&P. [*] (4)



Chicken Marinade: Whisk together: ¼c olive oil + 2T smoked paprika + 1tsp salt. Add 4 chicken quarters, cover completely. [*] (1)

Curry Sauce: Whisk together: 1 can lite coconut milk + 3T red curry paste + ¼c coconut aminos + 1T apple cider vinegar. [*] (3)

Sweet Potatoes: Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [*] (3)

Salad (5)

Layer in container as follows:

- ½ mixed greens
 - ½ chopped cucumber
 - ½ pint cherry tomato halves
- Repeat layers. [*] (5)



Ice Cream (8)

Place the following in a blender:

- 3 cans full fat coconut milk
- ½c honey
- 1T vanilla extract
- 2tsp cinnamon
- ½c walnuts (optional)

Blend until combined and walnuts are chopped. [*] (8)

Place ice cream maker bowl in the freezer- it can take up to 24 hours to freeze.

(Mixture is now ready for the ice cream maker, but plan to store in the fridge until ready to make the ice cream)

Note: if you don't have an ice cream maker, freeze the above mixture into popsicle molds & freeze.



Italian Vinaigrette (5)

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- 1T honey (optional)
- 1T Italian seasoning
- S&P to taste. [*] (5)

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



February Menu, Week 3 - PALEO: Dish Day

Day 1

Paprika Roasted Chicken w/ Trio of Roasted Veggies (1)

1. Pre-heat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F).

Day 2

Cauliflower & Apple Soup (2)

1. Heat soup in a large pot on stove top until heated through, stirring occasionally.

Day 3

Curried Slow Cooker Short Ribs w/ Mashed Sweet Potatoes

1. In slow cooker, place chopped onion, 2# beef short ribs & curry sauce. Cook over low for 10-12 hours (or high for 5-6 hrs).
2. Warm mashed sweet potatoes in oven, covered, ~30-40 minutes.

Note: To cook in oven, place sauce & ribs in a 9x13 pan topped with foil or in a dutch oven at 325 F for 2-3 hours.

Day 4

Turkey Taco Soup (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally. Top with diced avocado, Greek yogurt and/or shredded cheese as desired

Salad

Classic Side Salad (5)

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

Breakfast

Pear Muffins (6)

Snack

Tangelos & Brazil Nuts (7)

1 serving = 1 tangelo + 1/4c Brazil nuts

Dessert

Cinnamon Honey Coconut "Ice Cream" w/ Walnuts (8)

1. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately.
2. If ice cream is frozen prior to eating, let it set on counter for 5-10 min before serving, allowing to soften.