



March Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower
2. Meal 2: Apricot-Glazed Chicken Thighs w/ Broccoli & Sweet Potatoes
3. Meal 3: Grassfed Beef & Mushroom Marinara over Spaghetti Squash
4. Meal 4: Fat Tuesday Gumbo
5. Salad: Mixed Greens w/ Raspberry, Feta & Pistachios
6. Breakfast: Leek, Mushroom & Goat Cheese Frittata
7. Snack: Apples & Sunflower Seed Butter
8. Dessert: Lemon Poppyseed Cake



Herbs

1 bunch cilantro (2)
2" ginger knob (1)
1 head garlic (2,4)



Fruits

4 apples (7)
1 pint raspberries (5)
4-5 lemons (8)



Dairy (optional)

4oz goat cheese crumbles (6)
4oz feta crumbles (5)



Pantry

1/2c sunflower seed butter (7)*
1/2c apricot preserves (2)
4c chicken broth (4)*
(low-sodium)
32oz tomato sauce (3)*
2T red curry paste (1)*
1/4c low-sodium coconut
aminos (1)
3/4c coconut flour (8)
1/2tsp baking soda (8)
1/2c honey (8)



Veggies

2 leeks (6)
1 bunch broccoli (2)
1 small cauliflower (1)
1 large eggplant (1)
1 large spaghetti squash (3)
2 green bell peppers (4)
2x 5oz sliced mushrooms (3,6)
1 yellow onion (4)
2 large sweet potatoes (2)
5oz mixed greens (5)



Meats

1# ground beef, grassfed (3)
1-1.5# chicken thighs (2)
(boneless, skinless)
1 link (~3oz) raw andouille
sausage (4)*



Nuts & Dry Fruit

1/2c pistachios (5)



Oils & Vinegars

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



Spices

5-6T Italian seasoning (2,3)*
1/8tsp cayenne pepper (2)
2tsp creole seasoning (4)*
2T poppy seeds (8)



Eggs

13 eggs (omega 3) (6,8)



Fish

4 salmon fillets, 4-6oz ea (1)
12oz shrimp (4)
(peeled, deveined, fresh or
frozen)



Frozen

12-16oz cut okra (4)

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



March Menu, Week 1 - PALEO: Prep Day

Pre-heat oven to 350 F. (3, 6,8)



Spaghetti Squash (3)

Pre-heat oven to 350 F. Pierce the spaghetti squash with a knife. 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)



Gumbo: Dice 1 yellow onion + 2 bell peppers + 3 cloves garlic (for 1T), set aside. (4)

Broccoli: Remove stem & cut florets into 1-2" pieces. Toss w/ 1T olive oil S&P. [*] 2

Leeks: Cut 2 leeks lengthwise, discard green tops, & then cut white part into 1/2" pieces. Place in bowl of water and separate layers, then lift leeks out of water, allowing sediment to fall to bottom. (6)

Sweet Potatoes: Cut 2 lg sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T Italian seasoning, S&P. [*] (2)

Curried Veggies: Cut 1 cauliflower & 1 lg eggplant into small, bite-sized pieces, ~1/2", set aside. (1)



Gumbo (4):

In a large stock pan over med-high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.

Add 2 chopped bell peppers, 1 chopped onion, 1T chopped garlic & 2tsp Creole seasoning, sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add 12-16oz cut okra and 12oz peeled shrimp. Increase heat to medium allowing to simmer.

Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)



Leek & Mushroom: Heat 1T oil over medium heat, add 2 chopped leeks + 5oz sliced mushrooms, S&P. Sauté ~15 min, stirring. (6)

Tomato Sauce (3)

In lg sauté pan, add 1# ground beef (breaking apart) + 5oz sliced mushrooms & sauté 15 min, stirring occasionally.

Add 32oz jar tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine, shut off heat, allow to cool. [*] (3)



Breakfast Frittata (6)

Whisk 8 eggs in a large bowl. Stir in cooked leeks & mushrooms + 4oz goat cheese crumbles (optional).

Pour into oiled pie pan. Sprinkle w/ 1/2tsp salt. Bake at 350 F for 25-30 min or until no longer jiggly, Allow to cool. [*] (6)



Lemon Poppy Seed Cake (8)

In a large bowl, whisk together the following until smooth:

$\frac{3}{4}$ c coconut flour + 2T poppy seeds + $\frac{1}{2}$ tsp salt + $\frac{1}{2}$ tsp baking soda + 5 eggs + $\frac{1}{2}$ c honey + $\frac{1}{2}$ c melted coconut oil + 1T lemon zest + 2T lemon juice **Note: batter will be thick!**

Pour batter into an 8" square (or round) baking pan prepared with $\sim\frac{1}{2}$ T oil to prevent sticking.

Bake 350 F for \sim 30 min or until lightly browned/ cooked through. Place cake in fridge to cool then glaze (optional) [*] (8)

Glaze (optional) (8)

Whisk together 3T lemon juice + 1T melted coconut oil + 1T honey.

Pour onto cake after it has cooled in the fridge for at least 30 minutes. [*] (8)



Apricot Chicken (2)

Place the following in a blender:

$\frac{1}{2}$ c apricot preserves

handful of cilantro

small garlic clove, roughly chopped

$\frac{1}{8}$ tsp cayenne

Blend until smooth. Top 1-1.5# chicken thighs evenly with apricot glaze. [*] (2)



Salmon Marinade (1)

Whisk together:

$\frac{1}{4}$ c low-sodium coconut aminos + 1T toasted sesame oil + 2T fresh grated ginger

Pour over 4 salmon fillets if cooking within 24 hours. Otherwise, store marinade & salmon separately. [*] (1)

Curried Veggies (1)

Whisk together:

$\frac{1}{4}$ c olive oil

$\frac{3}{4}$ c water

1-2T red curry paste

$\frac{3}{4}$ tsp salt

Toss above with chopped eggplant & cauliflower. [*] (1)

Side Salad (5):

In a container layer the following (option to store in the salad tub):

$\frac{1}{2}$ tub of mixed greens, \sim 2.5oz

$\frac{1}{4}$ c pistachios

$\frac{1}{2}$ pint raspberries

2 oz feta cheese crumbles, optional

Repeat layers. [*] (5)



Balsamic Vinaigrette: Whisk together: $\frac{1}{2}$ c oil + $\frac{1}{4}$ c balsamic vinegar + S&P to taste. [*] (5)

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



March Menu, Week 1 - PALEO: Dish Day

Day 1

Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower (1)

1. Pre-heat oven to 400 F.
2. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.
3. Remove salmon from marinade and place on a baking sheet. Bake for 16-20 minutes or cooked through/ flaky.

Day 2

Apricot-Glazed Chicken Thighs w/ Broccoli & Sweet Potatoes (2)

1. Pre-heat oven to 425 F.
2. Place sweet potatoes and broccoli on an oiled sheet tray, roast 35-40min, remove from oven and toss halfway through cooking.
3. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

Day 3

Grassfed Beef & Mushroom Marinara over Spaghetti Squash (3)

1. Pre-heat oven to 350 F.
2. Re-heat spaghetti squash & tomato sauce, covered, for 50-60min. Remove sauce from oven to stir, halfway through.

Day 4

Fat Tuesday Gumbo (4)

1. Re-heat in lg pot on stovetop over med-high until bubbly, turn to med-low, stir occasionally, ~25 min. Add water as needed.

Salad

Mixed Greens w/ Raspberry, Feta & Pistachios (5)

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

Breakfast

Leek, Mushroom & Goat Cheese Frittata (6)

1. Re-heat each slice in toaster oven (3-5 minutes) or in microwave (30sec-1min)
OR re-heat entire frittata in 350 F oven for 15-20 minutes or heated through.

Snack

Apples & Sunflower Seed Butter (7)

Dessert

Lemon Poppyseed Cake (8)