



March Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Shrimp, Avocado & Grapefruit Salad
2. Meal 2: Macadamia Crusted Chicken w/ Napa Cabbage Slaw
3. Meal 3: Beef Fajitas w/ Guacamole
4. Meal 4: Turkey Minestrone
5. Salad: Italian Side Salad
6. Breakfast: Homemade Sausage Patties w/ Roasted Sweet Potato & Poached Eggs
7. Snack: Plantain Chips & Guacamole
8. Dessert: Tropical Chia Pudding



Herbs

1 bunch cilantro (2,3)
1 bulb garlic (2,3,4)
~2-3" knob ginger (2)



Fruits

1 lime (3)
1 grapefruit (1)



Nuts & Seeds

1½c macadamia nuts (2)
(unsalted)
¾c sliced almonds (1)
1c chia seeds (8)



Pantry

4c beef broth (4)*
14oz crushed tomatoes (4)
~¼c honey (1,2)
½c sliced kalamata olives (5)
1 bag plantain chips (7)
½c apricot preserves (2)
1 can full fat coconut milk (8)
½c maple syrup (8)
1tsp vanilla (8)
~1c shredded coconut (2,8)*
(unsweetened)



Veggies

6 avocados (1,3,7)
1 beefsteak tomato (3)
1 pint cherry tomatoes (5)
1 large carrot (4)
1 med zucchini (4)
1 jalapeño (2,3)
1 cucumber (5)
1 red, 1 yellow, 1 green bell pepper (3)
2 large sweet potatoes (6)
1 red onion (3)
1 yellow onion (4)
1x Napa cabbage (2)
1x Bibb lettuce (3)
5oz chopped romaine (5)
5oz tub mixed greens (1)



Meats

½# ground turkey breast (4)
1# grassfed stirfry beef (3)
1-2# chicken tenders (2)
1# ground pork (6)



Fish

1.5# shrimp, peeled, deveined,
tails removed (1)



Oils & Vinegars

~1c olive oil
½c apple cider vinegar (2,5)
2T champagne vinegar (1)



Eggs

6 eggs (omega 3) (2,6)



Frozen

~20oz frozen mango cubes (8)
(OR 3 fresh mangos, diced)



Spices

~1½T thyme (4,6)
2T basil (4,5)
1T oregano (4)
2T taco seasoning (3)*
½tsp cayenne (2)
1tsp ginger powder (6)
1tsp garlic powder (6)*
2tsp dried sage (6)
1T dried tarragon (6)

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



March Menu, Week 2 - PALEO: Prep Day

Pre-heat oven to 350 F. (6)



Sweet Potatoes (6)

Cut 2 sweet potatoes in half, wrap in foil & bake for 45-55 minutes or until knife inserts easily. Cool. Mash with fork. [*] (6)



Minestrone: Finely dice 1 yellow onion, 1 carrot, and 2 cloves garlic, set aside. Dice 1 zucchini, set aside. (4)

Fajitas: Cut 3 bell peppers & 1 red onion into thin slices, finely chop 2 cloves garlic. [*] (3)

Guacamole: Finely chop 1 beefsteak tomato, ½ jalapeño (removing seeds) & 1T cilantro. [*] (3)

Slaw: Finely chop Napa cabbage. Roughly chop remaining ½ of jalapeño (removing seeds). Set aside separately. (2)

Grapefruit: Cut 1 grapefruit over a bowl (to collect juice). Cut into ½" segments. Reserve 2T juice, set aside for vinaigrette. [*] (1)

Italian Salad: Chop 1 cucumber into small, ½" bite-sized pieces. Halve 1 pint cherry tomatoes. Set aside. (5)



Shrimp: Boil 1.5# shrimp for 4-5 minutes or until color has turned. Cool. [*] (1)

Minestrone Soup (4)

Heat 1tsp oil in a large soup pot over medium high, add ½# ground turkey. Break apart turkey, allowing to cook.

Add chopped veggies (1 diced yellow onion, chopped garlic & carrot), sauté 6-8 minutes or until turkey is cooked.

Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, 14oz crushed tomatoes, 4c beef broth & 4-8c water.

Bring to boil, lower heat & simmer ~30mins to 1hr. Set aside and allow to cool. Season w/ S&P to taste. (4). [*]



Macadamia Chicken (2)

In a food processor or blender place:

1½c unsalted macadamia nuts

½c shredded coconut, unsweetened

Pulse/blend until mixture resemble bread crumbs. Be careful not to go too far and make nut butter. Place crumbs in a shallow bowl.

Whisk 2 eggs in a separate shallow bowl.

Dredge 1-2# chicken tenders in beaten eggs and then in macadamia crust. Sprinkle lightly with salt. [*] (2)

Napa Slaw (2):

Place the following in a blender:

¼c olive oil

2T apple cider vinegar

½ jalapeño, seeds removed

small handful cilantro

½T honey

¼tsp salt or to taste

Blend on high until smooth. Toss chopped napa cabbage w/ dressing. [*] (2)



Apricot Dipping Sauce (2)

Place the following in a blender:

½c apricot preserves
handful of cilantro
small garlic clove, roughly chop
¼tsp cayenne pepper
1T fresh grated ginger
Blend until smooth. [*] (2)



Tropical Chia Pudding (8)

Whisk together the following:

1 can full fat coconut milk
2.5c water
1c chia seeds
½c maple syrup
1tsp vanilla
½c shredded coconut, unsweetened
Stir In:
~20oz frozen mango cubes (or 3 fresh mangos, diced)

Refrigerate for 12-24 hours or until chia is “hydrated”, stirring occasionally. [*] (8)

Italian Salad (5):

Whisk together:

½c olive oil
¼c apple cider vinegar
1T dried basil
S&P. [*] (5)

Toss the basil vinaigrette together with:

1 cucumber, chopped
1 pint cherry tomatoes, halved
½c sliced kalamata olives. [*] (5)

Sausage (6)

Whisk together:

1tsp ginger powder + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + 1T dried tarragon + ½tsp sea salt
Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties. [*] (6)



Champagne Vinaigrette (1)

Whisk together:

2T olive oil
2T reserved grapefruit juice
1T honey
2T champagne vinegar [*] (1)

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



March Menu, Week 2 - PALEO: Dish Day

Day 1

Shrimp, Avocado & Grapefruit Salad (1)

1. Bring champagne vinaigrette to room temp; shake well. Chop 2 avocados.
2. Toss mixed greens w/ cooked shrimp, cut grapefruit & avocado, $\frac{3}{4}$ c sliced almonds. Top with vinaigrette.

Day 2

Macadamia Crusted Chicken w/ Napa Cabbage Slaw (2)

1. Pre-heat oven to 350 F. Bake chicken tenders for 18-20 minutes.
2. Serve w/ Apricot Dipping Sauce & Cabbage Slaw.

Day 3

Beef Fajitas w/ Guacamole (3)

2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sautéing for ~10 minutes.
3. Add beef + 2T taco seasoning, cook ~5min or just cooked.
4. Make guac by mashing 4 avocados, stir in 1T cilantro, 1 chopped beefsteak tomato, 1tsp jalapeno & juice of $\frac{1}{2}$ lime.
5. Serve fajitas in Bibb lettuce wraps with guacamole and lime slice on the side. Reserve leftover guac for snack (7).

Day 4

Turkey Minestrone (4)

1. Re-heat on stovetop over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally).

Salad

Italian Side Salad (5)

1. Toss chopped Romaine with dressed tomatoes, cucumber and olives.

Breakfast

Homemade Sausage Patties w/ Roasted Sweet Potato & Eggs (6)

1. In small sauce pan over med-low, reheat mashed sweet potato, stirring occasionally, until warmed through.
2. Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.
3. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
4. Serve eggs over baked sweet potatoes w/ sausages on the side. Season w/ S&P.

Snack

Plantain Chips & Guacamole (7)

1. Serve plantain chips with leftover guacamole from Day 3.

Dessert

Tropical Chia Pudding (8)